表格 1

Goal	Priority	Start Date	Target Completion	Status	Rate of progress
Develop app proficiency	High			In Progress	0%
Establish stable capital flow	High			Not Started	0%
Read English books consistently	Medium			In Progress	0%
Enhance English fluency	Medium			Not Started	0%
Incorporate daily exercise routine	Medium			Not Started	0%
Manage new content effectively	Low			Not Started	