

# The 12 Week Year Weekly Plan

Sunday		Monday		Tuesday	
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Wednesday		Thursday		Friday	
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Saturday	
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1. Set your goals for the 12 week period.
2. Lists all the tactics (tasks) that are the top priorities and will have the greatest impact in achieving your overall goals.
3. Add 1/12 of these tasks to this weekly plan.
4. Give each task a score according to the impact it will have or just give each task 1 point if it is difficult to determine.

Score	
	Total activities completed in weekly plan
	Total activities in weekly plan
	Percentage of activities completed