

12Week Planner



Your One Big Goal

Unlike other planners and systems, the 12 Week Sprint Plan is not about working on everything in your life in 12 weeks, but all about attacking one big goal with purpose and intensity. Of course, not all goals can be accomplished in 12 weeks, but the purpose of it is to focus on 12 weeks at a time. Let's get clear on your goals.

What are some of the goals you want to tackle this year or the rest of the year?

Diagram showing five empty circles arranged horizontally, labeled 1 through 5. Circle 2 is highlighted in blue.

Which one (only one) of these will have the biggest impact in your life?

Why do you want to achieve this specific goal?

What would happen if you don't reach or attempt to reach this goal?

If this goal is too big for 12 weeks, break this down into four 12 week segments, then prioritize them.

[illegible]

My 12 Week Goals



Now that you have your one big goal in 4 segments, write down the segment you will focus upon the next 12 weeks.

Break it down further. What will you do each week to accomplish this?

WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	
WEEK 7	
WEEK 8	
WEEK 9	
WEEK 10	
WEEK 11	
WEEK 12	
WEEK 13	
WEEK 14	

Week One



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Sun	Sat	Fri	Thu	Wed	Tue	Mon

[illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

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Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____

To Do's

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Appointments

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_____	_____

Week One Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Two



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

[illegible][illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

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To Do's

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Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Week Two Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Three



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

[illegible][illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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Appointments

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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

To Do's

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Appointments

Friday



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Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Week Three Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Four



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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_____	_____
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_____	_____

Week Four Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Five



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

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_____	_____
_____	_____
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_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

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Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Five Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Six



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

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- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Six Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Seven



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

[illegible][illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____
- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Appointments

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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
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Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Seven Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Eight



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Sun	Sat	Fri	Thu	Wed	Tue	Mon

[illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____
- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
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_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Eight Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Nine



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

<input type="radio"/>	
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Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____
- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
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Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Appointments

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_____	_____
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_____	_____

Week Nine Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?

[illegible]

Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Ten



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

To Do's

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____
- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Appointments

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Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Appointments

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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____
- ☐ _____

To Do's

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<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Ten Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Eleven



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

[illegible][illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____
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_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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- ☐ _____

- ☐ _____

To Do's

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<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

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_____	_____
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_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Eleven Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

Week Twelve



From your 12 week goals page, what is this week's non-negotiable goal?

Key/Important Days

To Do's

[illegible][illegible]

Monday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tuesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wednesday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____
- ☐ _____
- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Thursday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Friday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week’s plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Saturday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

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To Do's

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Appointments

Sunday



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec, _____

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

- ☐ _____

- ☐ _____

- ☐ _____

To Do's

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Week Twelve Review



What are you most proud of accomplishing this week?



What was challenging for you?



What did you learn this week?



Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10