

This week

WEEK OF _____

WEEKLY GOALS	DONE BY SATURDAY	KEY INDICATORS	NUMBERS YOU MOVE
01			/
02			/
03			/

Sunday DATE _____ 	Monday DATE _____
Tuesday DATE _____ 	Wednesday DATE _____
Thursday DATE _____ 	Friday DATE _____
Saturday DATE _____ 	To-do this week ☐ ☐ ☐ ☐ ☐

HABITS	S	M	T	W	T	F	S	KEPT
	☐	☐	☐	☐	☐	☐	☐	/7
	☐	☐	☐	☐	☐	☐	☐	/7
	☐	☐	☐	☐	☐	☐	☐	/7
	☐	☐	☐	☐	☐	☐	☐	/7
	☐	☐	☐	☐	☐	☐	☐	/7