

you've got this

Week of

My 3 goals

Weekly Focus

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7 am

8 am

9 am

10 am

11 am

12 am

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

Don't forget ...

Notes

Habit

S M T W T F S

Exercise
Healthy eating
Good night's sleep