

you've got this

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
My 3 goals							
Weekly Focus	7 am	7 am	7 am	7 am	7 am	7 am	7 am
	8 am	8 am	8 am	8 am	8 am	8 am	8 am
	9 am	9 am	9 am	9 am	9 am	9 am	9 am
	10 am	10 am	10 am	10 am	10 am	10 am	10 am
	11 am	11 am	11 am	11 am	11 am	11 am	11 am
	12 am	12 am	12 am	12 am	12 am	12 am	12 am
	1 pm	1 pm	1 pm	1 pm	1 pm	1 pm	1 pm
	2 pm	2 pm	2 pm	2 pm	2 pm	2 pm	2 pm
	3 pm	3 pm	3 pm	3 pm	3 pm	3 pm	3 pm
	4 pm	4 pm	4 pm	4 pm	4 pm	4 pm	4 pm
	5 pm	5 pm	5 pm	5 pm	5 pm	5 pm	5 pm
	6 pm	6 pm	6 pm	6 pm	6 pm	6 pm	6 pm
7 pm	7 pm	7 pm	7 pm	7 pm	7 pm	7 pm	
8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	8 pm	
9 pm	9 pm	9 pm	9 pm	9 pm	9 pm	9 pm	
To do List							

Don't forget ...

Notes

Habit	S	M	T	W	T	F	S
Exercise							
Healthy eating							
Good night's sleep							

