

| 4                        |                |         |          | V                  | 4       | ^        |     |          |              |        |                       |          |
|--------------------------|----------------|---------|----------|--------------------|---------|----------|-----|----------|--------------|--------|-----------------------|----------|
| Week of                  | Sunday         | Monday  | Tuesday  | Wednesday          | Thurso  | Thursday |     |          | F            | Friday |                       | Saturday |
|                          |                |         |          |                    |         |          |     |          |              |        | \                     |          |
| Top 3 goals for the week |                |         |          |                    | ,       |          |     |          | _            |        | _                     |          |
|                          |                |         |          |                    |         |          |     |          | 1 -          |        | _                     |          |
|                          |                |         | <u> </u> | /                  |         |          |     | _        | -            |        | _                     |          |
| /                        | 7 am           | 7 am    | 7 am     | 7 am               | 7 am    |          |     |          | 70           | 7 am   |                       | 7 am     |
|                          |                |         |          |                    |         |          |     | -        |              |        |                       |          |
| Weekly Focus             | 8 am           | 8 am    | 8 am     | 8 am               | 8 am    |          |     |          | 8 0          | am     |                       | 8 am     |
| 17001117 1 0000          |                | -       |          |                    |         |          |     | -        |              |        | -                     |          |
|                          | 9 am           | 9 am    | 9 am     | 9 am               | 9 am    | 9 am     |     |          | 90           | am     |                       | 9 am     |
|                          | 7 5511         |         |          |                    | 10 am   |          |     |          |              |        |                       |          |
|                          | 10 am          | 10 am   | 10 am    | 10 am              |         |          |     | 10 0     | am           |        | 10 am                 |          |
|                          | 20 4/11        | 20 4/11 | 20 4/11  | 20 4/11            |         |          |     | 100      | 10 dill      |        | 20 4111               |          |
|                          | 11 am          | 11 am   | 11 am    | 11 am              |         |          |     | 11       | 11 am        |        | 11 am                 |          |
|                          | 11 uffi        | II uffi | II u/ll  | 11 (11)            | 11 am   | 1 am     |     |          | 1116         | urii   | $\dashv$              | 11 uni   |
| To do List               | 12             | 12      | 12       | 12                 | 12      |          |     |          | 12           |        |                       | 12       |
|                          | 12 am          | 12 am   | 12 am    | 12 am              | 12 am   |          |     |          | 12 am        |        | _                     | 12 am    |
|                          | V              |         |          |                    |         |          |     | <u> </u> |              |        |                       |          |
|                          | 1 pm           | 1 pm    | 1 pm     | 1 pm               | 1 pm    | n        |     |          | 1 μ          | pm     |                       | 1 pm     |
|                          |                |         |          |                    |         |          |     |          | /            |        |                       |          |
|                          | 2 pm           | 2 pm    | 2 pm     | 2 pm               | 2 pm    | /        |     | 2 μ      | 2 pm         |        | 2 pm                  |          |
|                          |                |         | r.       |                    |         | /        |     | /        |              |        |                       |          |
| \                        | 3 pm           | 3 pm    | 3 pm     | 3 pm               | 3 pm    |          |     | 3 pm     |              |        | 3 pm                  |          |
|                          |                |         |          |                    |         |          |     |          |              |        |                       |          |
|                          | 4 pm           | 4 pm    | 4 pm     | 4 pm               | 4 pm    | n        |     |          | 4 pm         |        |                       | 4 pm     |
|                          |                |         |          |                    |         |          |     |          |              |        | /                     |          |
|                          | 5 pm           | 5 pm    | 5 pm     | 5 pm               | 5 pm    | om       |     | 5 pm     |              |        | 5 pm                  |          |
|                          | 7              |         |          |                    | V       |          |     |          |              |        |                       |          |
|                          | 6 pm           | 6 pm    | 6 pm     | 6 pm               | 6 pm    | 6 pm     |     |          | 6 μ          | 6 pm   |                       | 6 pm     |
|                          |                |         |          |                    | N       |          |     |          |              |        | (·                    |          |
|                          | 7 pm           | 7 pm    | 7 pm     | 7 pm               | 7 pm    |          |     |          | 7 ;          | 7 pm   |                       | 7 pm     |
|                          |                |         |          |                    | ŀ       |          |     |          |              |        |                       |          |
|                          | 8 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    |          |     | 91       | 9 pm         |        | 9 pm                  |          |
| .0                       |                |         | 7/4      |                    | .0      |          |     |          |              |        | 1                     | 77 4     |
| Don't forget Notes       |                |         |          |                    |         |          |     | Т        | F 5 This wee | k tr   | eat yo'self reward in |          |
|                          |                |         |          | Exercise           |         |          |     | _        | "            |        |                       |          |
|                          | Healthy eating |         |          | _                  | $\perp$ |          |     |          |              |        |                       |          |
|                          |                |         |          | Good night's sleep |         |          |     | $\vdash$ | $\dashv$     | +      |                       |          |
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