

This Week's Theme: _____

Week start: _____ end: _____

Notes & Reflection

W O R K	<input type="checkbox"/>	_____
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

H E A L T H	<input type="checkbox"/>	_____
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	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

F U N - S E L F	<input type="checkbox"/>	_____
	<input type="checkbox"/>	
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Weekly Errands

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

How well did you stick to your schedule? _____ / 100%