

MO Date: _____ Awake: _____	TU Date: _____ Awake: _____	WE Date: _____ Awake: _____
🔍 MOST IMPORTANT THING TO DO	🔍 MOST IMPORTANT THING TO DO	🔍 MOST IMPORTANT THING TO DO
<input type="text"/>	<input type="text"/>	<input type="text"/>
🚫 MOST IMPORTANT THING TO AVOID	🚫 MOST IMPORTANT THING TO AVOID	🚫 MOST IMPORTANT THING TO AVOID
<input type="text"/>	<input type="text"/>	<input type="text"/>
Goals - I will	Goals - I will	Goals - I will
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
Responsibility - I have to	Responsibility - I have to	Responsibility - I have to
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
Fun - I would like to	Fun - I would like to	Fun - I would like to
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
Distractions - I won't	Distractions - I won't	Distractions - I won't
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
Day Rating: _____ / 100	Day Rating: _____ / 100	Day Rating: _____ / 100

Plan Your Week