

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

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%