Plan This Week's Goals (based on your 10-wk goals)	Monday	Tuesday	Wednesday
1	1		1
_2	2	_2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
Thursday	Friday	Sat/Sun (or flex)	Review Your Week
Thursday	Friday	Sat/Sun (or flex)	
		(or flex)	(or flex)
1	1	(or flex)	(or flex)
2	2	(or flex)	(or flex)
2	2 3	(or flex)  1  2	(or flex)  1 2 3