

				Month	Week	Day

Goal

Goal

Weekly Progress

Fitness Training

5 hours a week
for 60 days

Monday Tuesday Wednesday
Thursday Friday

30 min - hour each day

Mornings, Evenings

Accountability Partner

Name

Reports sent

Overall Progress

Set up

Prompt

Prompt

Prompt

Goals

Fitness Training

Overall Progress %

Language Study

Overall Progress %

Reading

Overall Progress %

Commitments

Fitness Training

Date

Language Study

Date

Reading

Date