

# Week of July 13-19, 2025

Starting from July 19 • Pi Summer Planner

SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19
TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 🍌 Sleep Record	<input type="checkbox"/> 🍌 Sleep Record
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AIMLAB MEETING 36 days	AIMLAB MEETING 35 days	AIMLAB MEETING 34 days	AIMLAB MEETING 33 days	AIMLAB MEETING 32 days	AIMLAB MEETING 31 days	AIMLAB MEETING 30 days

## WEEKLY GOALS & NOTES

# Week of July 20-26, 2025

Week 2 • Pi Summer Planner

SUNDAY 20	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26
TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES
<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine
<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise
<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs
<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight
<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record
<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish	<input type="checkbox"/> 🐟 Feed Fish
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AIMLAB MEETING 29 days	AIMLAB MEETING 28 days	AIMLAB MEETING 27 days	AIMLAB MEETING 26 days	AIMLAB MEETING 25 days	AIMLAB MEETING 24 days	AIMLAB MEETING 23 days

## WEEKLY GOALS & NOTES

# Week of July 27 - August 2, 2025

Week 3 • Pi Summer Planner

SUNDAY 27	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1 AUG	SATURDAY 2 AUG
TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES
<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine
<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise	<input type="checkbox"/> 🎮 VR Exercise
<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs
<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight
<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AIMLAB MEETING 22 days	AIMLAB MEETING 21 days	AIMLAB MEETING 20 days	AIMLAB MEETING 19 days	AIMLAB MEETING 18 days	AIMLAB MEETING 17 days	AIMLAB MEETING 16 days

## WEEKLY GOALS & NOTES

# Week of August 3-9, 2025

Week 4 • Pi Summer Planner

SUNDAY 3 AUG	MONDAY 4 AUG	TUESDAY 5 AUG	WEDNESDAY 6 AUG	THURSDAY 7 AUG	FRIDAY 8 AUG	SATURDAY 9 AUG
TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES
<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine
<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise
<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs
<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight	<input type="checkbox"/> 🏋️ Weight
<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AIMLAB MEETING 15 days	AIMLAB MEETING 14 days	AIMLAB MEETING 13 days	AIMLAB MEETING 12 days	AIMLAB MEETING 11 days	AIMLAB MEETING 10 days	AIMLAB MEETING 9 days

## WEEKLY GOALS & NOTES

# Week of August 10-16, 2025

Week 5 • Pi Summer Planner

SUNDAY 10 AUG	MONDAY 11 AUG	TUESDAY 12 AUG	WEDNESDAY 13 AUG	THURSDAY 14 AUG	FRIDAY 15 AUG	SATURDAY 16 AUG
TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES	TASKS & NOTES
<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine	<input type="checkbox"/> 🍌 Creatine
<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise	<input type="checkbox"/> 🧠 VR Exercise
<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs	<input type="checkbox"/> 🏋️ Abs
<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight	<input type="checkbox"/> 🍌 Weight
<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record	<input type="checkbox"/> 🌙 Sleep Record
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AIMLAB MEETING 8 days	AIMLAB MEETING 7 days	AIMLAB MEETING 6 days	AIMLAB MEETING 5 days	AIMLAB MEETING 4 days	AIMLAB MEETING 3 days	AIMLAB MEETING 2 days

## WEEKLY GOALS & NOTES

# Week of August 17-23, 2025

Final Week • Pi Summer Planner

SUNDAY 17 AUG	MONDAY 18 AUG	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
TASKS & NOTES	TASKS & NOTES	FUTURE	FUTURE	FUTURE	FUTURE	FUTURE
<div><input type="checkbox"/> 🍌 Creatine</div>	<div><input type="checkbox"/> 🍌 Creatine</div>					
<div><input type="checkbox"/> 🧠 VR Exercise</div>	<div><input type="checkbox"/> 🧠 VR Exercise</div>					
<div><input type="checkbox"/> 🏋️ Abs</div>	<div><input type="checkbox"/> 🏋️ Abs</div>					
<div><input type="checkbox"/> 🏋️ Weight</div>	<div><input type="checkbox"/> 🏋️ Weight</div>					
<div><input type="checkbox"/> 🛌 Sleep Record</div>	<div><input type="checkbox"/> 🛌 Sleep Record</div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
<div><input type="checkbox"/></div>	<div><input type="checkbox"/></div>					
AIMLAB MEETING 1 days	AIMLAB MEETING 0 days					

## WEEKLY GOALS & NOTES