



# Index

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# Index

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# Future Log: January - June 2025

Year

Future

Events  
Highlights

Multi  
Grids

J w01

w02

w03

## JANUARY

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

## FEBRUARY

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

## MARCH

w38

O w40

w41

w42

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N w44

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w47

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D w49

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## APRIL

## MAY

## JUNE

# Future Log: July - December 2025

Year

Future

Events

Highlights

Multi

Grids

## JULY

J w01  
w02  
w03  
w04  
F w05  
w06  
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M w09  
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A w14  
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w17  
M w18  
w19  
w20

## AUGUST

w21  
J w22  
w23  
w24  
w25  
w26  
J w27  
w28  
w29  
w30  
A w31  
w32  
w33  
w34  
w35  
S w36  
w37  
w38

## SEPTEMBER

SEPT  
w39  
O w40  
w41  
w42  
w43  
N w44  
w45  
w46  
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w48  
D w49  
w50  
w51  
w52  
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## OCTOBER

Oct  
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## NOVEMBER

Nov  
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# Events of 2025

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
J w01	1 Wed	* 1 Sat	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	1 Fri	1 Mon	* 1 Wed	1 Sat	1 Mon	Future
w02	2 Thu	2 Sun	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed	2 Sat	2 Tue	2 Thu	2 Sun	+ 2 Tue	Events
w03	3 Fri	3 Mon	3 Mon	3 Thu	3 Sat	3 Tue	3 Thu	3 Sun	3 Wed	3 Fri	3 Mon	3 Wed	Highlights
w04	4 Sat	4 Tue	4 Tue	4 Fri	4 Sun	4 Wed	4 Fri	* 4 Mon	4 Thu	4 Sat	4 Tue	4 Thu	Multi
F w05	5 Sun	5 Wed	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat	5 Tue	5 Fri	5 Sun	+ 5 Wed	+ 5 Fri	Grids
w06	6 Mon	6 Thu	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun	+ 6 Wed	6 Sat	6 Mon	6 Thu	6 Sat	
w07	7 Tue	7 Fri	7 Fri	7 Mon	7 Wed	7 Sat	7 Mon	7 Thu	7 Sun	7 Tue	7 Fri	7 Sun	
w08	8 Wed	8 Sat	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue	8 Fri	8 Mon	8 Wed	8 Sat	8 Mon	
M w09	9 Thu	9 Sun	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed	9 Sat	9 Tue	9 Thu	9 Sun	9 Tue	
w10	10 Fri	10 Mon	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu	10 Sun	10 Wed	10 Fri	10 Mon	10 Wed	
w11	11 Sat	11 Tue	11 Tue	11 Fri	11 Sun	11 Wed	+ 11 Fri	11 Mon	11 Thu	11 Sat	11 Tue	+ 11 Thu	
M w12	12 Sun	12 Wed	12 Wed	12 Sat	12 Mon	12 Thu	12 Sat	12 Tue	12 Fri	12 Sun	12 Wed	12 Fri	
w13	13 Mon	13 Thu	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun	13 Wed	13 Sat	+ 13 Mon	* 13 Thu	13 Sat	
J w14	14 Tue	14 Fri	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon	14 Thu	14 Sun	14 Tue	14 Fri	14 Sun	
w15	15 Wed	15 Sat	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue	15 Fri	15 Mon	15 Wed	15 Sat	15 Mon	
w16	16 Thu	16 Sun	+ 16 Sun	16 Wed	16 Fri	16 Mon	16 Wed	16 Sat	16 Tue	16 Thu	16 Sun	16 Tue	
w17	17 Fri	17 Mon	* 17 Mon	17 Thu	17 Sat	17 Tue	17 Thu	17 Sun	17 Wed	17 Fri	17 Mon	17 Wed	
J w18	18 Sat	18 Tue	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri	18 Mon	+ 18 Thu	18 Sat	18 Tue	18 Thu	
w19	19 Sun	19 Wed	19 Wed	19 Sat	19 Mon	19 Thu	* 19 Sat	19 Tue	19 Fri	19 Sun	19 Wed	19 Fri	
w20	20 Mon	* 20 Thu	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun	20 Wed	20 Sat	20 Mon	20 Thu	20 Sat	
A w21	21 Tue	21 Fri	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon	21 Thu	21 Sun	21 Tue	21 Fri	21 Sun	
w22	22 Wed	22 Sat	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue	22 Fri	22 Mon	22 Wed	22 Sat	22 Mon	
w23	23 Thu	23 Sun	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed	23 Sat	23 Tue	+ 23 Thu	23 Sun	23 Tue	
S w24	24 Fri	24 Mon	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu	24 Sun	24 Wed	24 Fri	24 Mon	+ 24 Wed	
w25	25 Sat	25 Tue	25 Tue	25 Fri	25 Sun	25 Wed	25 Fri	25 Mon	25 Thu	25 Sat	25 Tue	25 Thu	*
w26	26 Sun	26 Wed	26 Wed	26 Sat	26 Mon	* 26 Thu	26 Sat	26 Tue	26 Fri	+ 26 Sun	26 Wed	+ 26 Fri	
J w27	27 Mon	27 Thu	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun	27 Wed	27 Sat	27 Mon	27 Thu	* 27 Sat	
w28	28 Tue	28 Fri	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon	28 Thu	28 Sun	28 Tue	28 Fri	28 Sun	
w29	29 Wed		29 Sat	29 Tue	29 Thu	29 Sun	29 Tue	29 Fri	29 Mon	29 Wed	29 Sat	29 Mon	
A w30	30 Thu		30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	30 Sat	30 Tue	30 Thu	30 Sun	30 Tue	
w31	31 Fri		31 Mon		31 Sat		31 Thu	31 Sun		31 Fri		31 Wed	
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D w49 + Feb 16: Nora's Birthday + Jun 11: Whitehead Anniversary + Jul 6: Maggie's Birthday + Aug 18: Cassie's Birthday + Sep 13: My Birthday + Sep 23: Moved to 455

w50 Anniversary + Sep 23: House Anniversary + Sep 26: Mom's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Ann's Birthday + Nov 11: Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

w51  
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# Highlights of 2025

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
J w01	1 Wed	* 1 Sat	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	1 Fri	1 Mon	* 1 Wed	1 Sat	1 Mon	Future
w02	2 Thu	2 Sun	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed	2 Sat	2 Tue	2 Thu	2 Sun	+ 2 Tue	Events
w03	3 Fri	3 Mon	3 Mon	3 Thu	3 Sat	3 Tue	3 Thu	3 Sun	3 Wed	3 Fri	3 Mon	3 Wed	
w04	4 Sat	4 Tue	4 Tue	4 Fri	4 Sun	4 Wed	4 Fri	* 4 Mon	4 Thu	4 Sat	4 Tue	4 Thu	
F w05	5 Sun	5 Wed	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat	5 Tue	5 Fri	5 Sun	+ 5 Wed	+ 5 Fri	
w06	6 Mon	6 Thu	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun	+ 6 Wed	6 Sat	6 Mon	6 Thu	6 Sat	
w07	7 Tue	7 Fri	7 Fri	7 Mon	7 Wed	7 Sat	7 Mon	7 Thu	7 Sun	7 Tue	7 Fri	7 Sun	
w08	8 Wed	8 Sat	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue	8 Fri	8 Mon	8 Wed	8 Sat	8 Mon	
M w09	9 Thu	9 Sun	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed	9 Sat	9 Tue	9 Thu	9 Sun	9 Tue	
w10	10 Fri	10 Mon	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu	10 Sun	10 Wed	10 Fri	10 Mon	10 Wed	
w11	11 Sat	11 Tue	11 Tue	11 Fri	11 Sun	11 Wed	+ 11 Fri	11 Mon	11 Thu	11 Sat	11 Tue	+ 11 Thu	
M w12	12 Sun	12 Wed	12 Wed	12 Sat	12 Mon	12 Thu	12 Sat	12 Tue	12 Fri	12 Sun	12 Wed	12 Fri	
w13	13 Mon	13 Thu	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun	13 Wed	13 Sat	+ 13 Mon	* 13 Thu	13 Sat	
J w14	14 Tue	14 Fri	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon	14 Thu	14 Sun	14 Tue	14 Fri	14 Sun	
w15	15 Wed	15 Sat	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue	15 Fri	15 Mon	15 Wed	15 Sat	15 Mon	
w16	16 Thu	16 Sun	+ 16 Sun	16 Wed	16 Fri	16 Mon	16 Wed	16 Sat	16 Tue	16 Thu	16 Sun	16 Tue	
w17	17 Fri	17 Mon	* 17 Mon	17 Thu	17 Sat	17 Tue	17 Thu	17 Sun	17 Wed	17 Fri	17 Mon	17 Wed	
J w18	18 Sat	18 Tue	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri	18 Mon	+ 18 Thu	18 Sat	18 Tue	18 Thu	
w19	19 Sun	19 Wed	19 Wed	19 Sat	19 Mon	19 Thu	* 19 Sat	19 Tue	19 Fri	19 Sun	19 Wed	19 Fri	
w20	20 Mon	* 20 Thu	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun	20 Wed	20 Sat	20 Mon	20 Thu	20 Sat	
A w21	21 Tue	21 Fri	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon	21 Thu	21 Sun	21 Tue	21 Fri	21 Sun	
w22	22 Wed	22 Sat	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue	22 Fri	22 Mon	22 Wed	22 Sat	22 Mon	
w23	23 Thu	23 Sun	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed	23 Sat	23 Tue	+ 23 Thu	23 Sun	23 Tue	
S w24	24 Fri	24 Mon	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu	24 Sun	24 Wed	24 Fri	24 Mon	+ 24 Wed	
w25	25 Sat	25 Tue	25 Tue	25 Fri	25 Sun	25 Wed	25 Fri	25 Mon	25 Thu	25 Sat	25 Tue	25 Thu	*
w26	26 Sun	26 Wed	26 Wed	26 Sat	26 Mon	* 26 Thu	26 Sat	26 Tue	26 Fri	+ 26 Sun	26 Wed	+ 26 Fri	
O w27	27 Mon	27 Thu	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun	27 Wed	27 Sat	27 Mon	27 Thu	* 27 Sat	
w28	28 Tue	28 Fri	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon	28 Thu	28 Sun	28 Tue	28 Fri	28 Sun	
w29	29 Wed		29 Sat	29 Tue	29 Thu	29 Sun	29 Tue	29 Fri	29 Mon	29 Wed	29 Sat	29 Mon	
N w30	30 Thu		30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	30 Sat	30 Tue	30 Thu	30 Sun	30 Tue	
w31	31 Fri		31 Mon		31 Sat		31 Thu	31 Sun		31 Fri		31 Wed	
w32													
w33													
w34													
w35													
S w36													
w37													
w38													
w39													
O w40													
w41													
w42													
w43													
N w44													
w45													
w46													
w47													
w48													

D w49 + Feb 16: Nora's Birthday + Jun 11: Whitehead Anniversary + Jul 6: Maggie's Birthday + Aug 18: Cassie's Birthday + Sep 13: My Birthday + Sep 23: Moved to 455

w50 Anniversary + Sep 23: House Anniversary + Sep 26: Mom's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Ann's Birthday + Nov 11: Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

w51  
w52  
w53

Highlights Multi Grids

**2025****2026****2027****2028**

Year

Future

Events

Highlights

**Multi**

Grids

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

J w01  
w02  
w03  
w04F w05  
w06  
w07  
w08M w09  
w10  
w11  
w12  
w13A w14  
w15  
w16  
w17M w18  
w19  
w20  
w21J w22  
w23  
w24w25  
w26  
J w27  
w28  
w29w30  
A w31  
w32  
w33w34  
w35  
S w36w37  
w38  
w39O w40  
w41  
w42  
w43N w44  
w45  
w46  
w47  
w48D w49  
w50  
w51  
w52  
w53

2025

# Week 1: Dec 30 - Jan 5, 2025

w02

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year	
J	w01	12/30	12/31	1/1	1/2	1/3	1/4	1/5	Future
F	w02	AM							Events
	w03	.	.	.	.	.	.		
	w04	PM							Events
F	w05	EVE							Events
	w06	.	.	.	.	.	.		
	w07	.	.	.	.	.	.		
	w08	.	.	.	.	.	.		
M	w09	.	.	.	.	.	.		
	<b>Cues/Questions</b>			<b>Notes</b>					
w10	.	.	.	.	.	.	.		
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13	.	.	.	.	.	.	.		
A	w14	.	.	.	.	.	.		
	w15	.	.	.	.	.	.		
	w16	.	.	.	.	.	.		
	w17	.	.	.	.	.	.		
M	w18	.	.	.	.	.	.		
	w19	.	.	.	.	.	.		
	w20	.	.	.	.	.	.		
	w21	.	.	.	.	.	.		
J	w22	.	.	.	.	.	.		
	w23	.	.	.	.	.	.		
	w24	.	.	.	.	.	.		
	w25	.	.	.	.	.	.		
	w26	.	.	.	.	.	.		
J	w27	.	.	.	.	.	.		
	w28	.	.	.	.	.	.		
	w29	.	.	.	.	.	.		
	w30	.	.	.	.	.	.		
A	w31	.	.	.	.	.	.		
	w32	.	.	.	.	.	.		
	w33	.	.	.	.	.	.		
	w34	.	.	.	.	.	.		
	w35	.	.	.	.	.	.		
S	w36	.	.	.	.	.	.		
	w37	.	.	.	.	.	.		
	w38	.	.	.	.	.	.		
	w39	.	.	.	.	.	.		
O	w40	.	.	.	.	.	.		
	w41	.	.	.	.	.	.		
	w42	.	.	.	.	.	.		
	w43	.	.	.	.	.	.		
N	w44	.	.	.	.	.	.		
	w45	<b>Summary</b>							
	w46	.	.	.	.	.	.		
	w47	.	.	.	.	.	.		
	w48	.	.	.	.	.	.		
D	w49	.	.	.	.	.	.		
	w50	.	.	.	.	.	.		
	w51	.	.	.	.	.	.		
	w52	.	.	.	.	.	.		
	w53	.	.	.	.	.	.		

# Q1 2025

January - March

## Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 12-Week Focus

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

# January 2025

Monthly Review

## What Worked

*Wins, successes, and things to keep doing*

## What Didn't Work

*Challenges, obstacles, and things to change*

## Focus for Next Month

*Priorities, goals, and intentions*

2025

w01

**Week 2: Jan 6 - Jan 12, 2025**

w03

2025

w02

**Week 3: Jan 13 - Jan 19, 2025**

w04

2025

w03

**Week 4: Jan 20 - Jan 26, 2025**

w05

2025

w04

**Week 5: Jan 27 - Feb 2, 2025**

w06

# February 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

2025

w05

**Week 6: Feb 3 - Feb 9, 2025**

w07

2025

w06

# **Week 7: Feb 10 - Feb 16, 2025**

w08

2025

w07

**Week 8: Feb 17 - Feb 23, 2025**

w09

2025 w08 w10

## Week 9: Feb 24 - Mar 2, 2025

	Mon 2/24	Tue 2/25	Wed 2/26	Thu 2/27	Fri 2/28	Sat 3/1	Sun 3/2	Year
J	w01 AM							Future
w02		.	.	.	.	.	.	Events
w03		.	.	.	.	.	.	Events
w04	PM	.	.	.	.	.	.	Events
F	w05 EVE	.	.	.	.	.	.	Events
w06		.	.	.	.	.	.	Events
w07		.	.	.	.	.	.	Events
w08		.	.	.	.	.	.	Events
M	w09							Events
w10	Cues/Questions					Notes		Multi
w11	.	.	.	.	.	.	.	Grids
w12	.	.	.	.	.	.	.	Grids
w13	.	.	.	.	.	.	.	Grids
A	w14	.	.	.	.	.	.	Grids
w15	.	.	.	.	.	.	.	Grids
w16	.	.	.	.	.	.	.	Grids
w17	.	.	.	.	.	.	.	Grids
M	w18	.	.	.	.	.	.	Grids
w19	.	.	.	.	.	.	.	Grids
w20	.	.	.	.	.	.	.	Grids
w21	.	.	.	.	.	.	.	Grids
J	w22	.	.	.	.	.	.	Grids
w23	.	.	.	.	.	.	.	Grids
w24	.	.	.	.	.	.	.	Grids
w25	.	.	.	.	.	.	.	Grids
w26	.	.	.	.	.	.	.	Grids
J	w27	.	.	.	.	.	.	Grids
w28	.	.	.	.	.	.	.	Grids
w29	.	.	.	.	.	.	.	Grids
w30	.	.	.	.	.	.	.	Grids
A	w31	.	.	.	.	.	.	Grids
w32	.	.	.	.	.	.	.	Grids
w33	.	.	.	.	.	.	.	Grids
w34	.	.	.	.	.	.	.	Grids
w35	.	.	.	.	.	.	.	Grids
S	w36	.	.	.	.	.	.	Grids
w37	.	.	.	.	.	.	.	Grids
w38	.	.	.	.	.	.	.	Grids
w39	.	.	.	.	.	.	.	Grids
O	w40	.	.	.	.	.	.	Grids
w41	.	.	.	.	.	.	.	Grids
w42	.	.	.	.	.	.	.	Grids
w43	.	.	.	.	.	.	.	Grids
N	w44	.	.	.	.	.	.	Grids
w45				Summary				
w46								
w47								
w48								
D	w49							
w50								
w51								
w52								
w53								

# March 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

Week 10: Mar 3 - Mar 9, 2025

2025

w10

**Week 11: Mar 10 - Mar 16, 2025**

w12

2025

w11

**Week 12: Mar 17 - Mar 23, 2025**

w13

2025

w12

**Week 13: Mar 24 - Mar 30, 2025**

w14

Week 14: Mar 31 - Apr 6, 2025							w15
Year	Future	Events	Highlights	Multi	Grids		
J w01	Mon 3/31	Tue 4/1	Wed 4/2	Thu 4/3	Fri 4/4	Sat 4/5	Sun 4/6
w02	AM						
w03							
w04	PM						
F w05							
w06	EVE						
w07							
w08							
M w09							
w10	Cues/Questions			Notes			
w11							
w12							
w13							
A w14							
w15							
w16							
w17							
M w18							
w19							
w20							
w21							
J w22							
w23							
w24							
w25							
w26							
J w27							
w28							
w29							
w30							
A w31							
w32							
w33							
w34							
w35							
S w36							
w37							
w38							
w39							
O w40							
w41							
w42							
w43							
N w44							
w45	Summary						
w46							
w47							
w48							
D w49							
w50							
w51							
w52							
w53							

# Q2 2025

April - June

## Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 12-Week Focus

Week 14

Week 15

Week 16

Week 17

Week 18

Week 19

Week 20

Week 21

Week 22

Week 23

Week 24

Week 25

# April 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

2025

w14

**Week 15: Apr 7 - Apr 13, 2025**

w16

**Week 16: Apr 14 - Apr 20, 2025**

2025

w16

**Week 17: Apr 21 - Apr 27, 2025**

w18

**Week 18: Apr 28 - May 4, 2025**

# May 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

**Week 19: May 5 - May 11, 2025**

**Week 20: May 12 - May 18, 2025**

2025

w20

**Week 21: May 19 - May 25, 2025**

w22

2025

w21

**Week 22: May 26 - Jun 1, 2025**

w23

# June 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

2025

w22

Week 23: Jun 2 - Jun 8, 2025

w24

2025

w23

Week 24: Jun 9 - Jun 15, 2025

w25

2025

w24

**Week 25: Jun 16 - Jun 22, 2025**

w26

2025

w25

**Week 26: Jun 23 - Jun 29, 2025**

w27

2025

w26

Week 27: Jun 30 - Jul 6, 2025

w28

# Q3 2025

July - September

## Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 12-Week Focus

Week 27

Week 28

Week 29

Week 30

Week 31

Week 32

Week 33

Week 34

Week 35

Week 36

Week 37

Week 38

# July 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

2025

w27

Week 28: Jul 7 - Jul 13, 2025

w29

Week 29: Jul 14 - Jul 20, 2025

2025

w29

Week 30: Jul 21 - Jul 27, 2025

w31

2025

w30

Week 31: Jul 28 - Aug 3, 2025

w32

# August 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

Week 32: Aug 4 - Aug 10, 2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01 8/11	w02 AM	w03	w04 PM	w05 EVE	w06	w07	Future
F	w08	w09	M	w10 Cues/Questions	w11	w12	w13	Events
A	w14	w15	w16	w17	w18 Notes	w19	w20	Highlights
M	w21	w22 J	w23	w24	w25	w26	w27 J	Multi
J	w28	w29	w30	w31 A	w32	w33 <b>w33</b>	w34	Grids
S	w35	w36 S	w37	w38	w39	w40 O	w41	
O	w42	w43	N	w44 N	w45 Summary	w46	w47	
D	w48	w49 D	w50	w51	w52	w53		

**Week 34: Aug 18 - Aug 24, 2025**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
J	w01 8/25	w02 AM	w03	w04 PM	w05 EVE	w06	w07	w08	Year
F	w09	w10 Cues/Questions	w11	w12	w13	w14	w15	w16	Future
A	w17	w18 M	w19	w20	w21	w22 J	w23	w24	Events
M	w25	w26	w27 J	w28	w29	w30	w31 A	w32	Highlights
A	w33	w34	w35 <b>w35</b>	w36	w37	w38	w39	w40 O	Multi
S	w41	w42	w43	w44 N	w45	w46	w47	w48	Grids
D	w49 w50	w51	w52	w53	Summary				

# September 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

# Week 36: Sep 1 - Sep 7, 2025

	Mon 9/1	Tue 9/2	Wed 9/3	Thu 9/4	Fri 9/5	Sat 9/6	Sun 9/7	Year
J	w01							Future
F	w02 AM							Events
w03								Highlights
w04	PM							Multi
w05								Grids
w06	EVE							
w07								
w08								
M	w09							
w10	Cues/Questions				Notes			
w11								
w12								
w13								
A	w14							
w15								
w16								
w17								
M	w18							
w19								
w20								
w21								
J	w22							
w23								
w24								
w25								
w26								
J	w27							
w28								
w29								
w30								
A	w31							
w32								
w33								
w34								
w35								
S	w36							
w37								
w38								
w39								
O	w40							
w41								
w42								
w43								
N	w44							
w45				Summary				
w46								
w47								
w48								
D	w49							
w50								
w51								
w52								
w53								

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01	9/8	9/9	9/10	9/11	9/12	9/13	w36
F	w02	AM						Future
	w03	.	.	.	.	.	.	Events
	w04	PM						Highlights
F	w05	EVE						Multi
	w06	.	.	.	.	.	.	Grids
	w07	.	.	.	.	.	.	
M	w08	.	.	.	.	.	.	
M	w09	.	.	.	.	.	.	
	w10	Cues/Questions			Notes			
w11	.	.	.	.	.	.	.	
w12	.	.	.	.	.	.	.	
w13	.	.	.	.	.	.	.	
A	w14	.	.	.	.	.	.	
	w15	.	.	.	.	.	.	
	w16	.	.	.	.	.	.	
	w17	.	.	.	.	.	.	
M	w18	.	.	.	.	.	.	
	w19	.	.	.	.	.	.	
	w20	.	.	.	.	.	.	
	w21	.	.	.	.	.	.	
J	w22	.	.	.	.	.	.	
	w23	.	.	.	.	.	.	
	w24	.	.	.	.	.	.	
	w25	.	.	.	.	.	.	
	w26	.	.	.	.	.	.	
J	w27	.	.	.	.	.	.	
	w28	.	.	.	.	.	.	
	w29	.	.	.	.	.	.	
	w30	.	.	.	.	.	.	
A	w31	.	.	.	.	.	.	
	w32	.	.	.	.	.	.	
	w33	.	.	.	.	.	.	
	w34	.	.	.	.	.	.	
	w35	.	.	.	.	.	.	
S	w36	.	.	.	.	.	.	
w37	w37	.	.	.	.	.	.	
	w38	.	.	.	.	.	.	
	w39	.	.	.	.	.	.	
O	w40	.	.	.	.	.	.	
	w41	.	.	.	.	.	.	
	w42	.	.	.	.	.	.	
	w43	.	.	.	.	.	.	
N	w44	.	.	.	.	.	.	
	w45	Summary						
	w46	.	.	.	.	.	.	
	w47	.	.	.	.	.	.	
	w48	.	.	.	.	.	.	
D	w49	.	.	.	.	.	.	
	w50	.	.	.	.	.	.	
	w51	.	.	.	.	.	.	
	w52	.	.	.	.	.	.	
	w53	.	.	.	.	.	.	

**Week 38: Sep 15 - Sep 21, 2025**



Week 40: Sep 29 - Oct 5, 2025

# Q4 2025

October - December

## Quarter Goals

What are the 2-3 most important things to accomplish this quarter?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 12-Week Focus

Week 40

Week 41

Week 42

Week 43

Week 44

Week 45

Week 46

Week 47

Week 48

Week 49

Week 50

Week 51

# October 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*



2025

w41

# Week 42: Oct 13 - Oct 19, 2025

w43

	Mon 10/13	Tue 10/14	Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19	Year
J	w01							Future
F	w02	AM						Events
	w03	.	.	.	.	.	.	Highlights
	w04	PM	.	.	.	.	.	Multi
M	w05							Grids
	w06	EVE	.	.	.	.	.	
	w07	.	.	.	.	.	.	
	w08							
M	w09							
	<b>Cues/Questions</b>		<b>Notes</b>					
w10	.	.	.	.	.	.	.	
w11	.	.	.	.	.	.	.	
w12	.	.	.	.	.	.	.	
w13	.	.	.	.	.	.	.	
A	w14	.	.	.	.	.	.	
	w15	.	.	.	.	.	.	
	w16	.	.	.	.	.	.	
	w17	.	.	.	.	.	.	
M	w18	.	.	.	.	.	.	
	w19	.	.	.	.	.	.	
	w20	.	.	.	.	.	.	
	w21	.	.	.	.	.	.	
J	w22	.	.	.	.	.	.	
	w23	.	.	.	.	.	.	
	w24	.	.	.	.	.	.	
	w25	.	.	.	.	.	.	
	w26	.	.	.	.	.	.	
J	w27	.	.	.	.	.	.	
	w28	.	.	.	.	.	.	
	w29	.	.	.	.	.	.	
	w30	.	.	.	.	.	.	
A	w31	.	.	.	.	.	.	
	w32	.	.	.	.	.	.	
	w33	.	.	.	.	.	.	
	w34	.	.	.	.	.	.	
	w35	.	.	.	.	.	.	
S	w36	.	.	.	.	.	.	
	w37	.	.	.	.	.	.	
	w38	.	.	.	.	.	.	
	w39	.	.	.	.	.	.	
O	w40	.	.	.	.	.	.	
	w41	.	.	.	.	.	.	
<b>w42</b>								
w43	.	.	.	.	.	.	.	
N	w44	.	.	.	.	.	.	
	w45	<b>Summary</b>						
w46	.	.	.	.	.	.	.	
w47	.	.	.	.	.	.	.	
w48	.	.	.	.	.	.	.	
D	w49	.	.	.	.	.	.	
	w50	.	.	.	.	.	.	
	w51	.	.	.	.	.	.	
	w52	.	.	.	.	.	.	
	w53	.	.	.	.	.	.	

2025

w42

**Week 43: Oct 20 - Oct 26, 2025**

w44



# November 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

**Week 45: Nov 3 - Nov 9, 2025**





2025

w47

**Week 48: Nov 24 - Nov 30, 2025**

w49

# December 2025

## Monthly Review

### What Worked

*Wins, successes, and things to keep doing*

### What Didn't Work

*Challenges, obstacles, and things to change*

### Focus for Next Month

*Priorities, goals, and intentions*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01 12/1	w02 AM	w03	w04 PM	w05 EVE	w06	w07	Future
F	w08	w09	w10 Cues/Questions	w11	w12	w13	w14	Events
A	w15	w16	w17	w18 M	w19	w20	w21	Highlights
J	w22	w23	w24	w25	w26	w27 J	w28	Multi
A	w29	w30	w31 A	w32	w33	w34	w35	Grids
S	w36 S	w37	w38	w39	w40 O	w41	w42	
N	w43 N	w44	w45 D w49	w46	w47	w48	w49	
	w50	w51	w52	w53				w50

**Week 50: Dec 8 - Dec 14, 2025**

2025

w50

**Week 51: Dec 15 - Dec 21, 2025**

w52

2025

w51

# Week 52: Dec 22 - Dec 28, 2025

w53

	Mon 12/22	Tue 12/23	Wed 12/24	Thu 12/25	Fri 12/26	Sat 12/27	Sun 12/28	Year	
J	w01							Future	
F	w02	AM						Events	
	w03	.	.	.	.	.	.	Highlights	
	w04	PM	.	.	.	.	.	Multi	
M	w05	EVE	.	.	.	.	.	Grids	
	w06	.	.	.	.	.	.		
	w07	.	.	.	.	.	.		
	w08	.	.	.	.	.	.		
M	w09	.	.	.	.	.	.		
	w10	<b>Cues/Questions</b>			<b>Notes</b>				
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13	.	.	.	.	.	.	.		
A	w14	.	.	.	.	.	.		
	w15	.	.	.	.	.	.		
	w16	.	.	.	.	.	.		
	w17	.	.	.	.	.	.		
M	w18	.	.	.	.	.	.		
	w19	.	.	.	.	.	.		
	w20	.	.	.	.	.	.		
	w21	.	.	.	.	.	.		
J	w22	.	.	.	.	.	.		
	w23	.	.	.	.	.	.		
	w24	.	.	.	.	.	.		
	w25	.	.	.	.	.	.		
	w26	.	.	.	.	.	.		
J	w27	.	.	.	.	.	.		
	w28	.	.	.	.	.	.		
	w29	.	.	.	.	.	.		
	w30	.	.	.	.	.	.		
A	w31	.	.	.	.	.	.		
	w32	.	.	.	.	.	.		
	w33	.	.	.	.	.	.		
	w34	.	.	.	.	.	.		
	w35	.	.	.	.	.	.		
S	w36	.	.	.	.	.	.		
	w37	.	.	.	.	.	.		
	w38	.	.	.	.	.	.		
	w39	.	.	.	.	.	.		
O	w40	.	.	.	.	.	.		
	w41	.	.	.	.	.	.		
	w42	.	.	.	.	.	.		
	w43	.	.	.	.	.	.		
N	w44	.	.	.	.	.	.		
	w45	<b>Summary</b>							
	w46	.	.	.	.	.	.		
	w47	.	.	.	.	.	.		
	w48	.	.	.	.	.	.		
D	w49	.	.	.	.	.	.		
	w50	.	.	.	.	.	.		
	w51	.	.	.	.	.	.		
w52	w52	.	.	.	.	.	.		
	w53	.	.	.	.	.	.		

2025 w52

# Week 53: Dec 29 - Jan 4, 2026

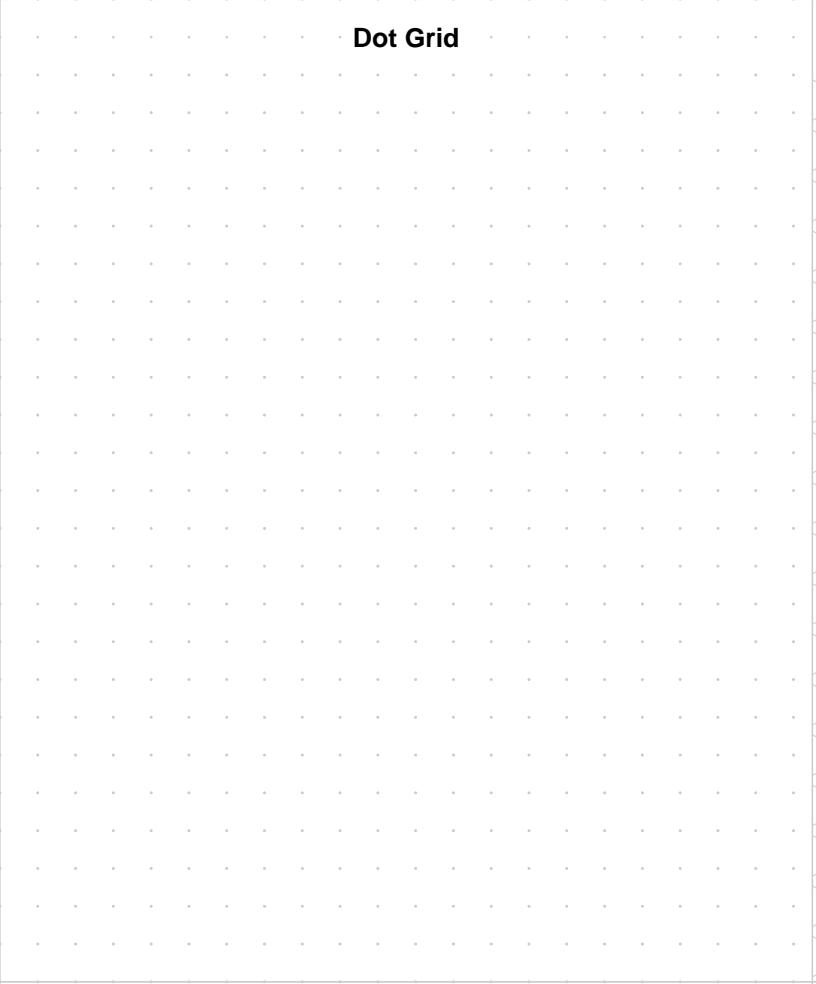
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
	12/29	12/30	12/31	1/1	1/2	1/3	1/4	Future
J	w01							
w02	AM							
w03								
w04	PM							
F	w05							
w06	EVE							
w07								
w08								
M	w09							
w10	<b>Cues/Questions</b>		<b>Notes</b>					
w11								
w12								
w13								
A	w14							
w15								
w16								
w17								
M	w18							
w19								
w20								
w21								
J	w22							
w23								
w24								
w25								
w26								
J	w27							
w28								
w29								
w30								
A	w31							
w32								
w33								
w34								
w35								
S	w36							
w37								
w38								
w39								
O	w40							
w41								
w42								
w43								
N	w44							
w45	<b>Summary</b>							
w46								
w47								
w48								
D	w49							
w50								
w51								
w52								
<b>w53</b>								

Events Highlights Multi Grids

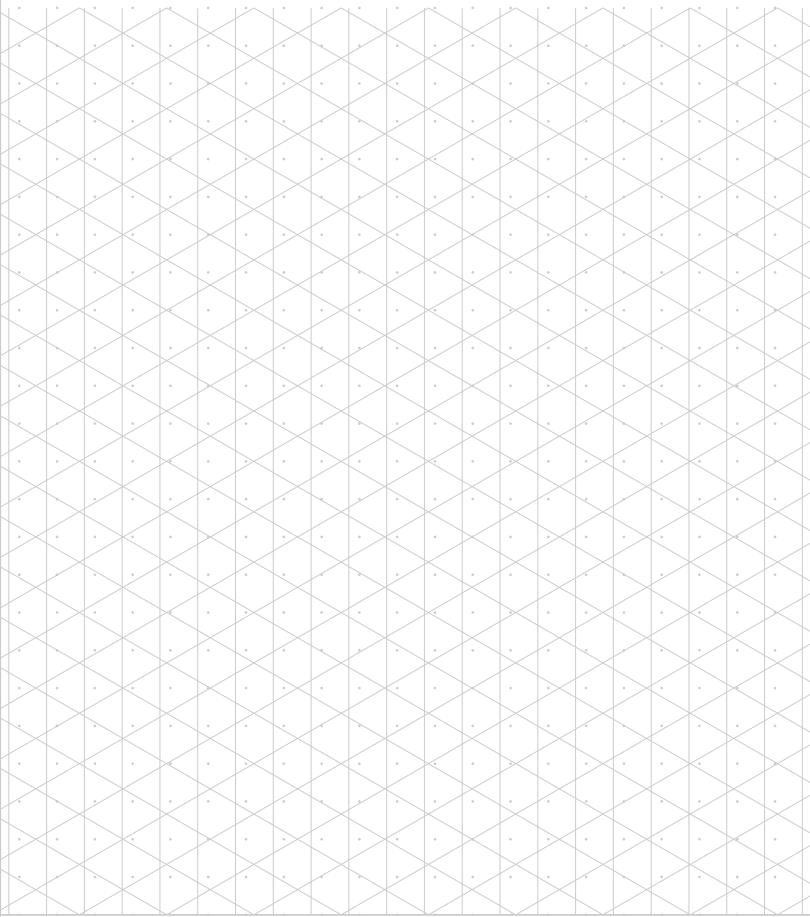
# Grid Types

Visual Reference & Templates

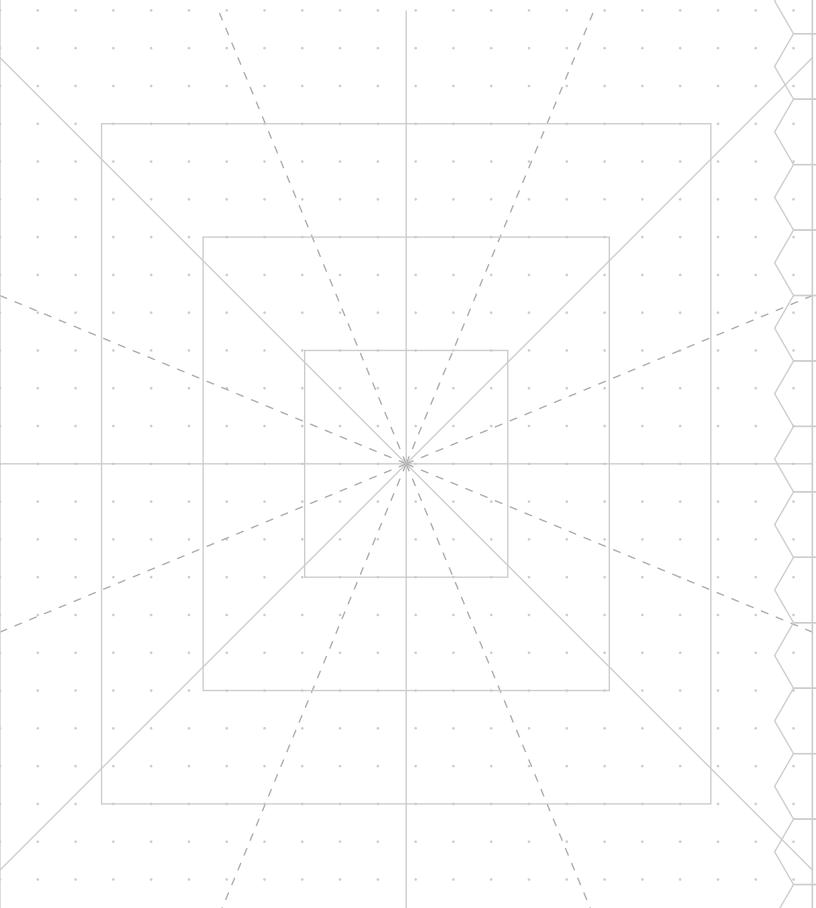
**Dot Grid**



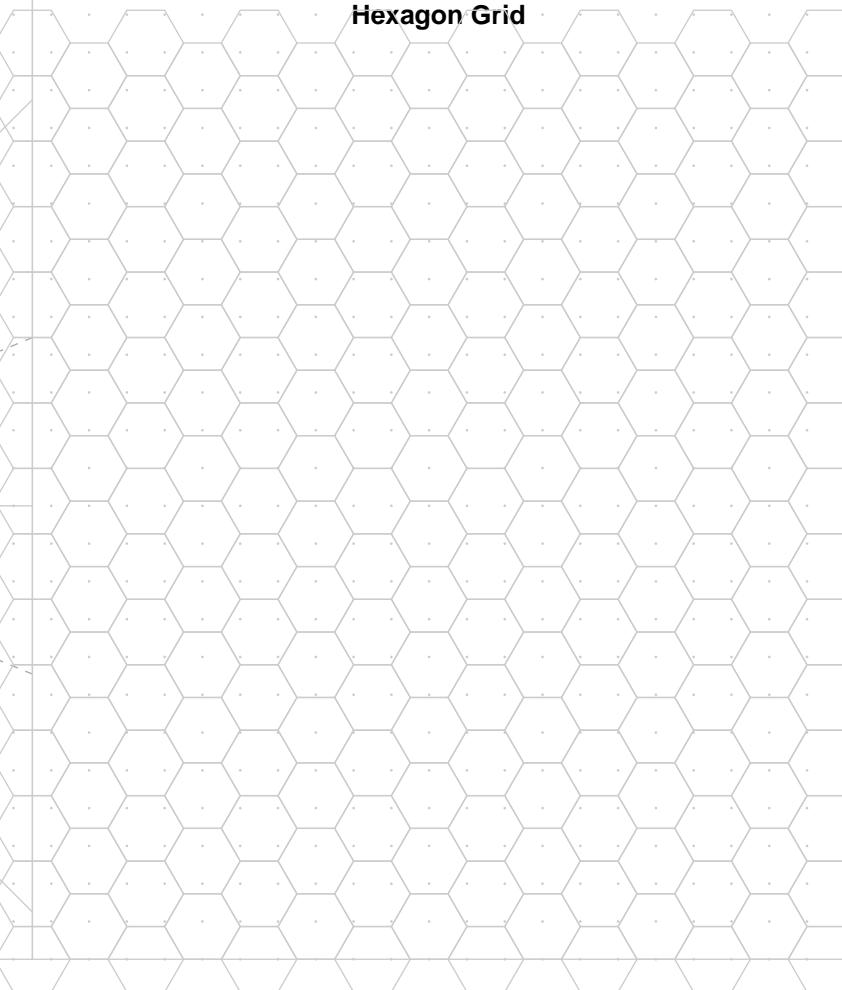
**Isometric Grid**



**Perspective Grid**



**Hexagon Grid**



# Grid Reference

Year

Future

Events

Highlights

Multi

Grids

## Dot Grid

5mm dot spacing for flexible layouts

*Tap to view full page*

J w01

w02

w03

w04

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

w21

## Graph Grid

5mm square grid for precise drawings

*Tap to view full page*

J w22

w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

w39

O w40

## Ruled Lines

Standard ruled lines for writing

*Tap to view full page*

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

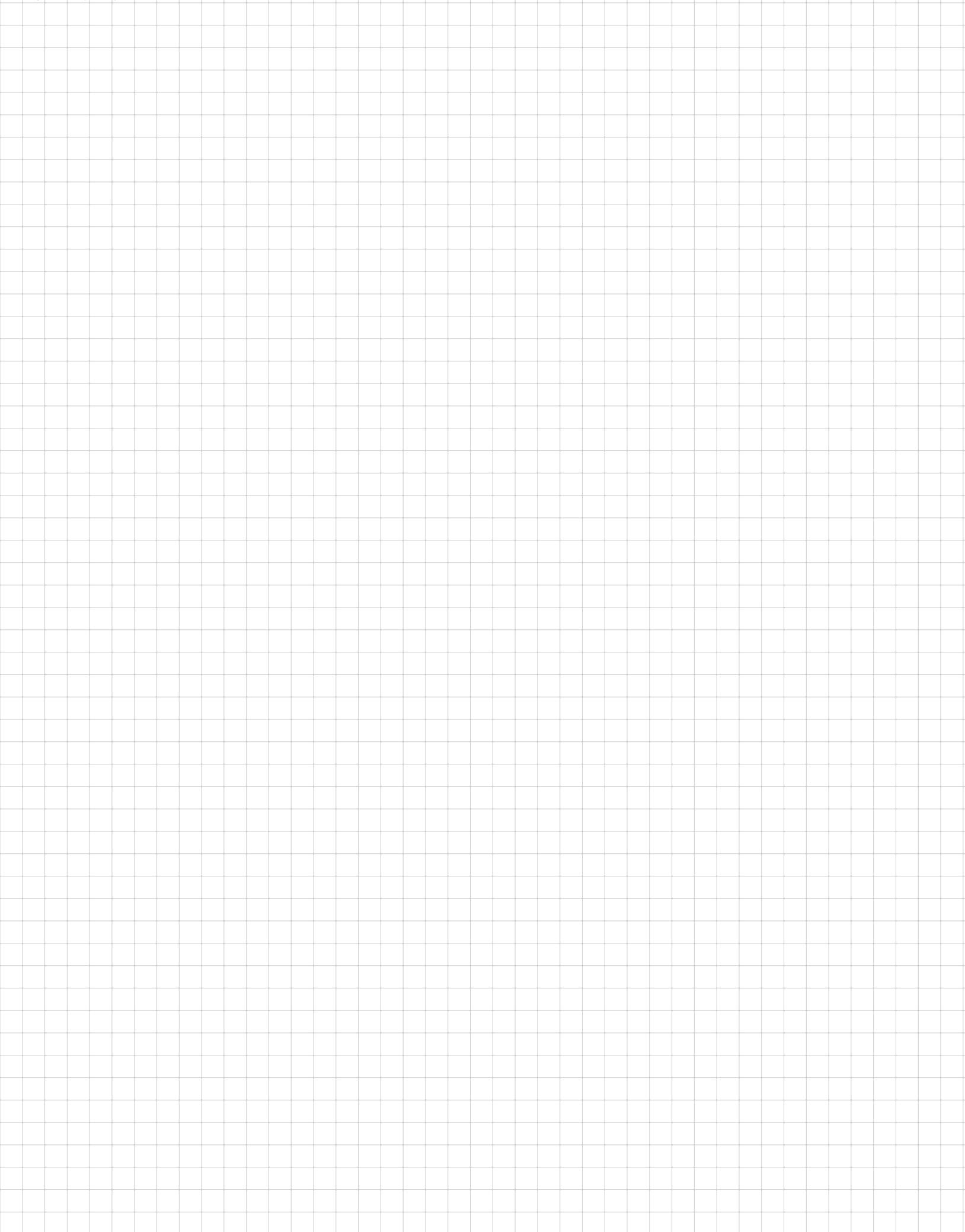
w52

w53

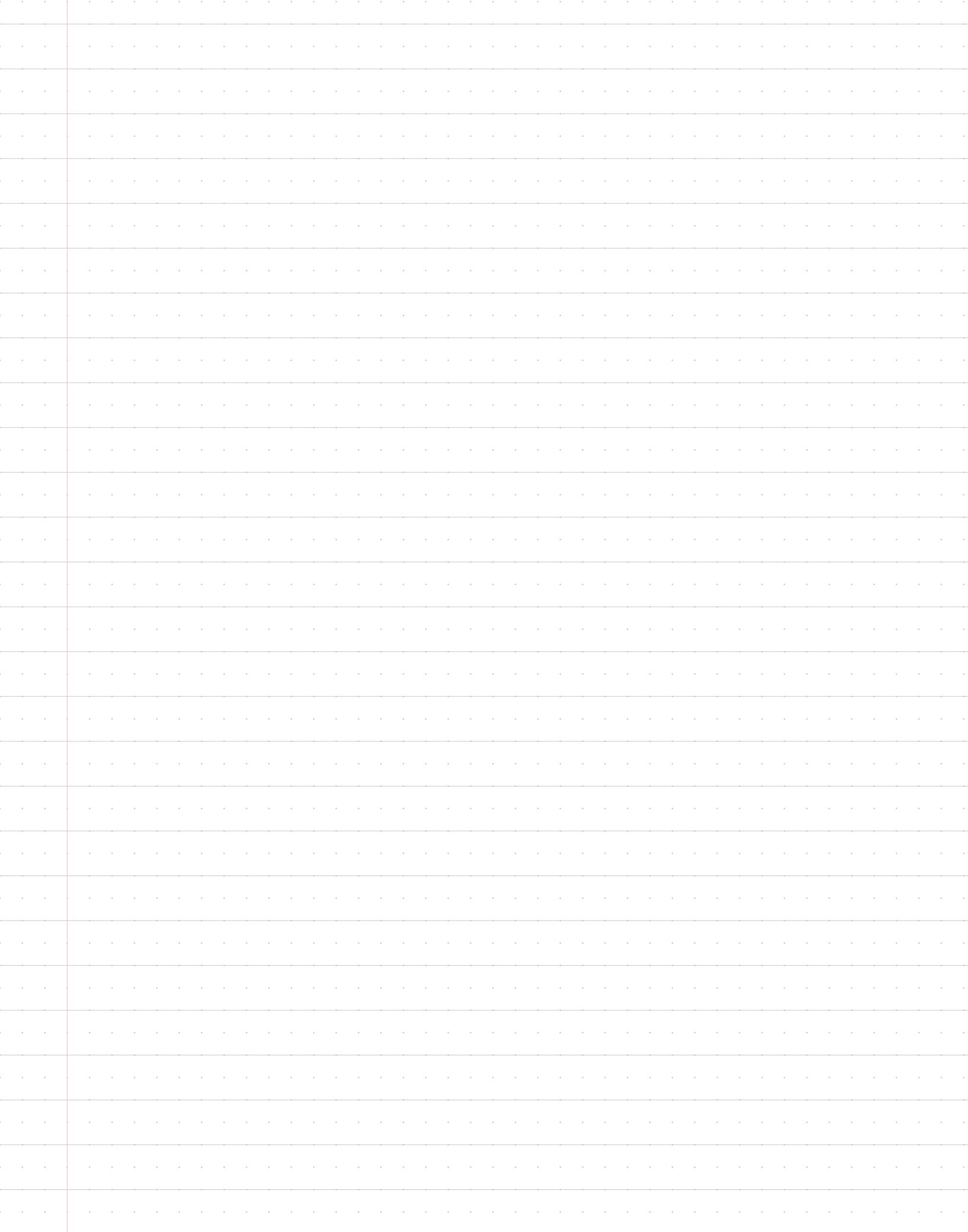
Dot Grid (5mm)



Graph Grid (5mm)

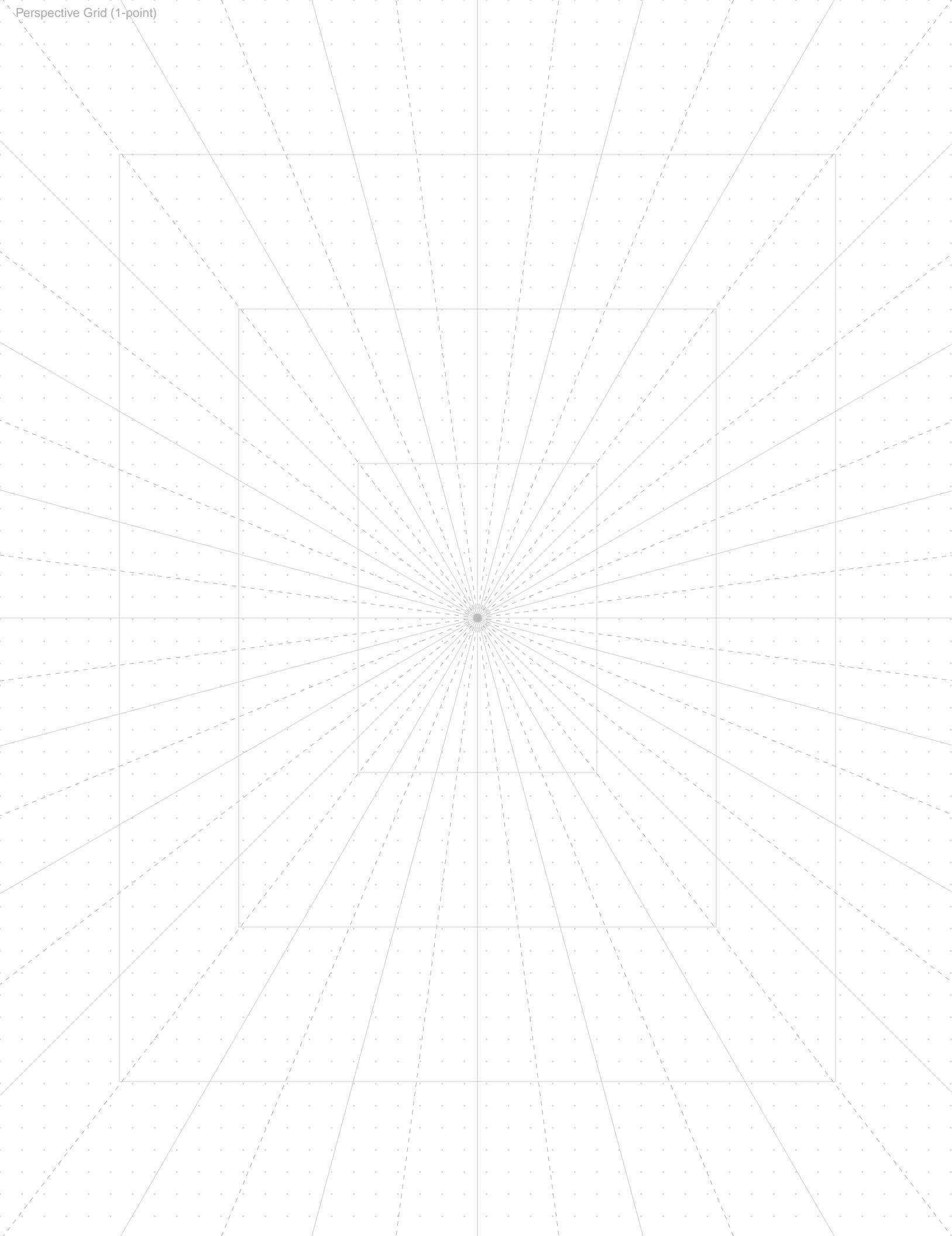


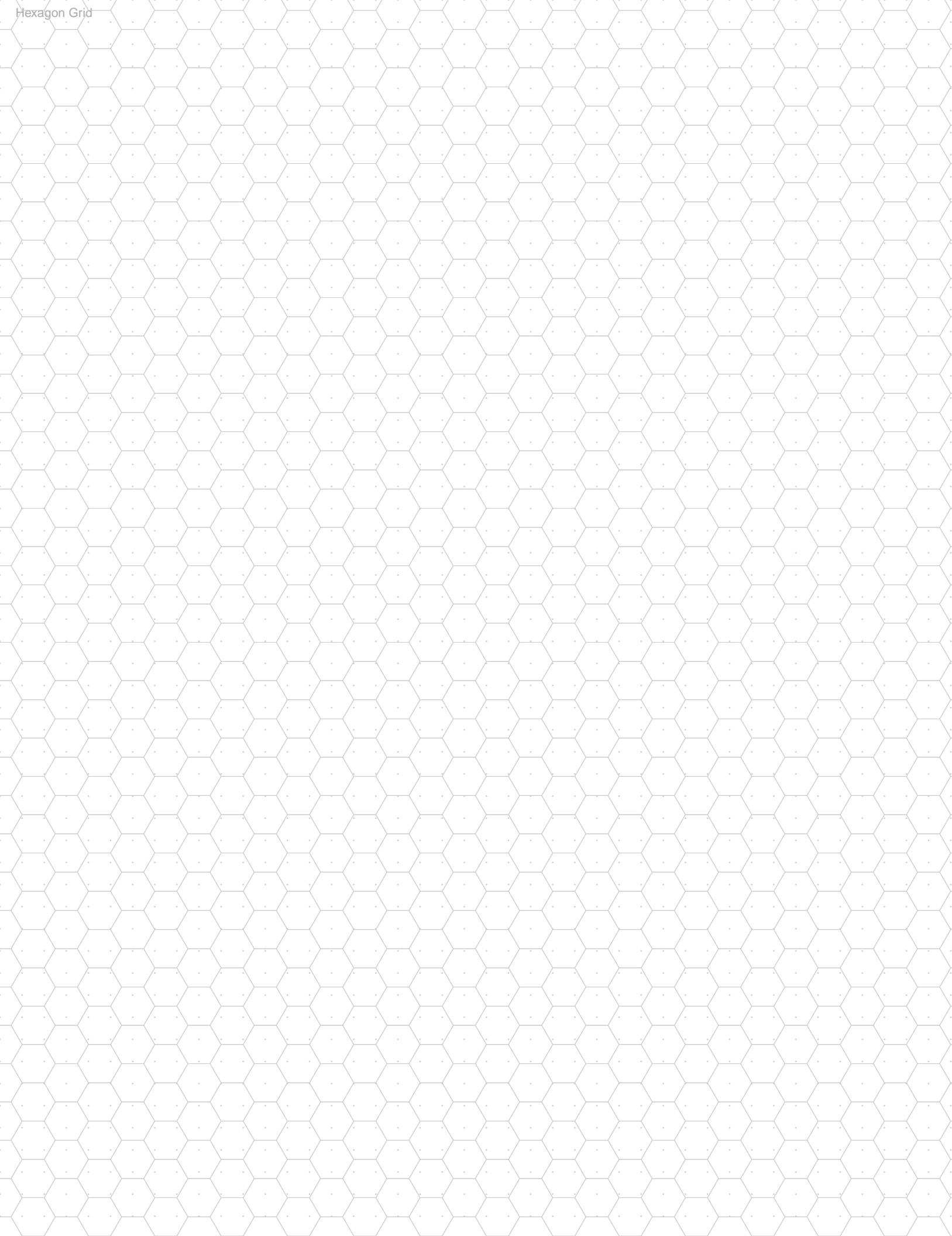
Ruled Lines (10mm)



Isometric Grid







Hexagon Grid

# Tracker Ideas

Examples to spark your creativity - adapt these to your needs

## Habit Tracker

1	7	14	21	28	31
Exercise					
Read					
Meditate					
Journal					
Water					

## Mood / Energy Log

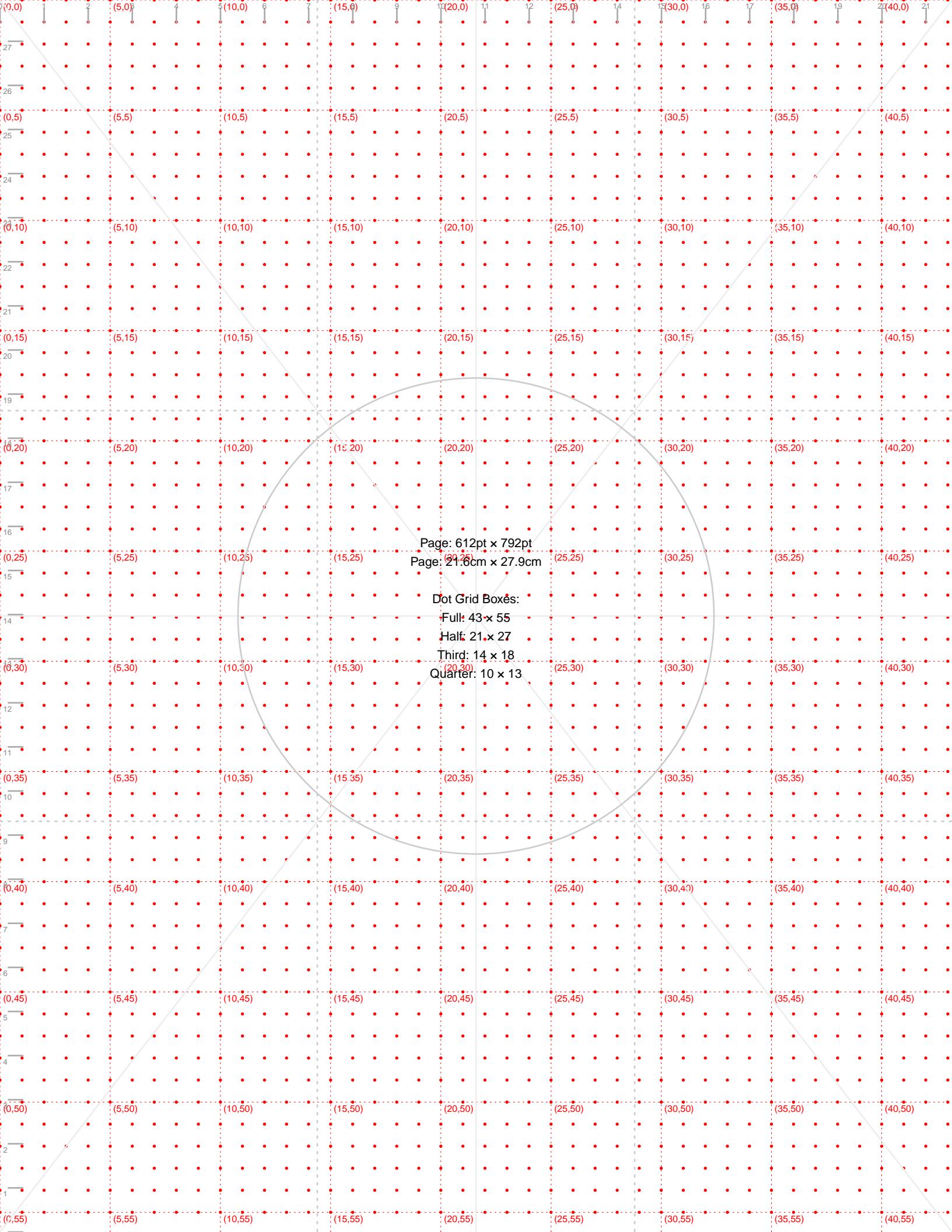
Rate daily (1-5) or use symbols: ++ + = - -

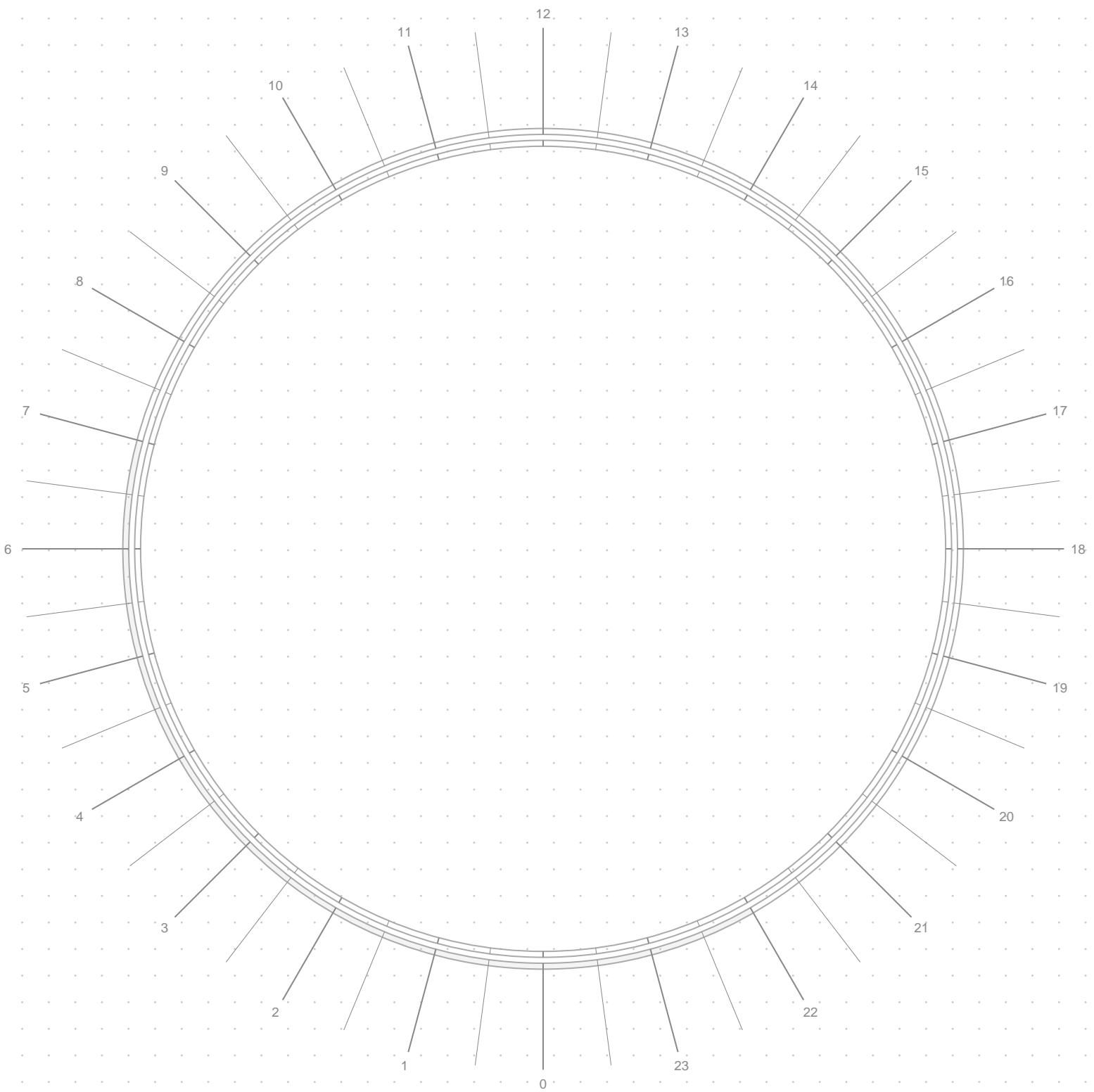
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood							
Energy							
Sleep (hrs)							

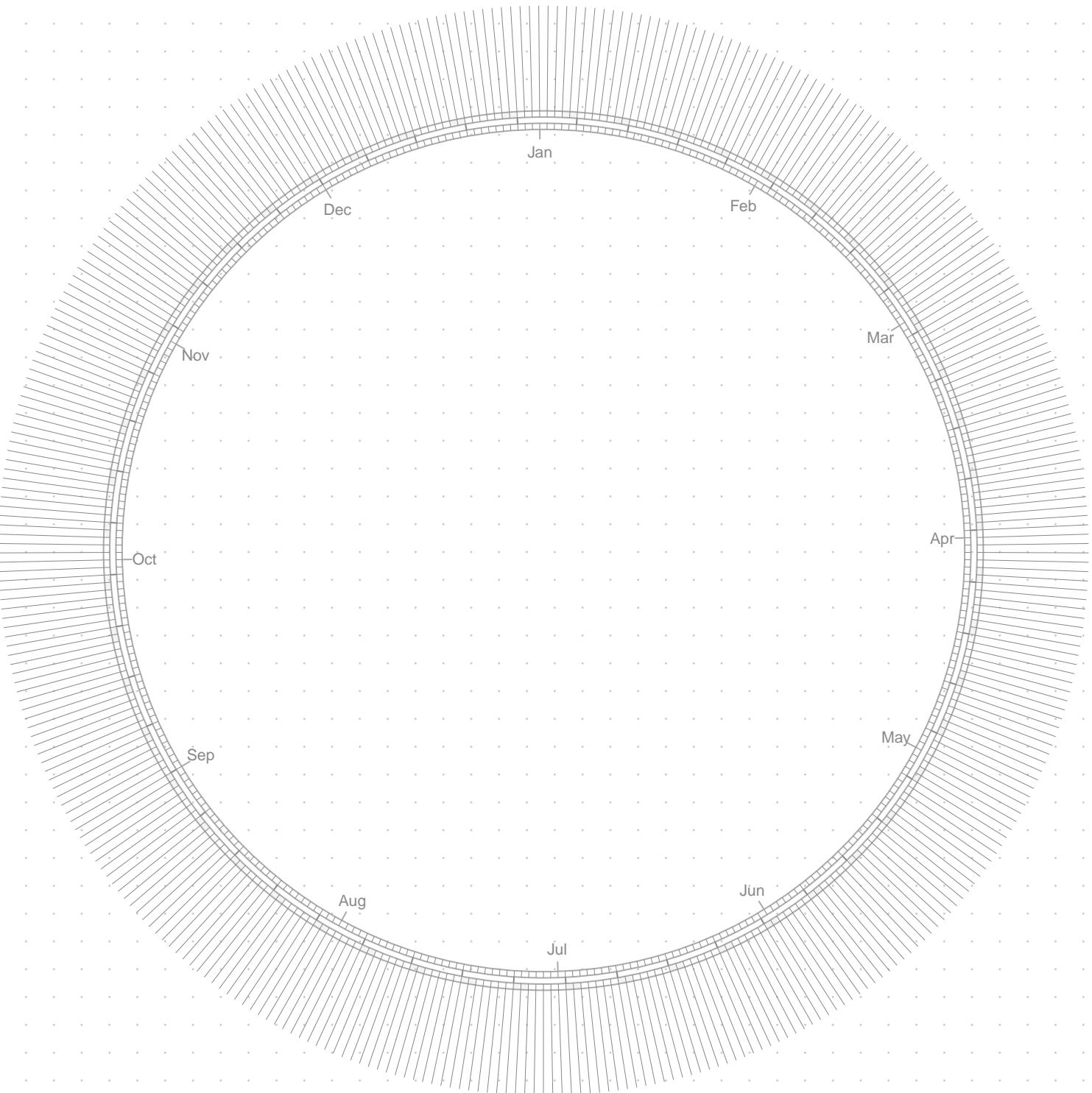
## More Ideas

- Water intake (glasses per day)
- Gratitude (3 things daily)
- Expense tracking (categories)
- Reading log (pages/books)
- Exercise types and duration
- Project progress (milestones)

Create your own! Use the dot grid as a canvas for any tracking system that works for you.







# **Books to Read**

Fiction, non-fiction, and everything in between

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# Project Ideas

Things to build, make, or create

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# Recipes to Try

Meals worth making again

