

Year 2025

Year 2025												Year				
Winter		January					Summer		July							
J	w01	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w02				1	2	3	4	5		1	2	3	4	5	6	
w03			6	7	8	9	10	11	12	7	8	9	10	11	12	
w04			13	14	15	16	17	18	19	14	15	16	17	18	19	
F w05			20	21	22	23	24	25	26	21	22	23	24	25	26	
w06			27	28	29	30	31			28	29	30	31		27	
w07																
w08																
M w09																
w10			February					August								
w11		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w12							1	2					1	2	3	
w13		3	4	5	6	7	8	9	4	5	6	7	8	9	10	
A w14		10	11	12	13	14	15	16	11	12	13	14	15	16	17	
w15		17	18	19	20	21	22	23	18	19	20	21	22	23	24	
w16		24	25	26	27	28			25	26	27	28	29	30	31	
w17																
M w18																
w19		Spring		March					Fall		September					
w20		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w21							1	2	1	2	3	4	5	6	7	
J w22		3	4	5	6	7	8	9	8	9	10	11	12	13	14	
w23		10	11	12	13	14	15	16	15	16	17	18	19	20	21	
w24		17	18	19	20	21	22	23	22	23	24	25	26	27	28	
w25		24	25	26	27	28	29	30	29	30						
w26		31														
J w27																
w28		April					October					September				
w29		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w30			1	2	3	4	5	6		1	2	3	4	5	6	
A w31		7	8	9	10	11	12	13	6	7	8	9	10	11	12	
w32		14	15	16	17	18	19	20	13	14	15	16	17	18	19	
w33		21	22	23	24	25	26	27	20	21	22	23	24	25	26	
w34		28	29	30					27	28	29	30	31			
w35																
S w36																
w37		May					November					December				
w38		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w39				1	2		3	4		1	2	3	4	5	6	
O w40		5	6	7	8	9	10	11	3	4	5	6	7	8	9	
w41		12	13	14	15	16	17	18	10	11	12	13	14	15	16	
w42		19	20	21	22	23	24	25	17	18	19	20	21	22	23	
w43		26	27	28	29	30	31		24	25	26	27	28	29	30	
N w44																
w45																
w46		June					Winter					December				
w47		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w48								1	1	2	3	4	5	6	7	
D w49		2	3	4	5	6	7	8	8	9	10	11	12	13	14	
w50		9	10	11	12	13	14	15	15	16	17	18	19	20	21	
w51		16	17	18	19	20	21	22	22	23	24	25	26	27	28	
w52		23	24	25	26	27	28	29	29	30	31					
w53		30														

Events
Highlights
Multi
Grids

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Future Log: January - March 2025

JANUARY

FEBRUARY

MARCH

Future Log: April - June 2025

APRIL

MAY

JUNE

Year 2025 - Events

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

Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

w51

w52

w53

Year

Event

Highlights

Multi

Grids

Year 2025 - Highlights

	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	Events
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	Highlight
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	Multi
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	Grids
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	
M 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	
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	
A 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	
w30	30 Thu		30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	30 Sat	30 Tue	30 Thu	30 Sun	30 Tue	
A w31	31 Fri		31 Mon		31 Sat		31 Thu	31 Sun		31 Fri		31 Wed	
w32	32 Sat		32 Sun		32 Mon		32 Wed		32 Fri		32 Sat		
w33	33 Sun		33 Mon		33 Tue		33 Thu		33 Sat		33 Sun		
w34	34 Mon		34 Tue		34 Wed		34 Fri		34 Sat		34 Mon		
w35	35 Tue		35 Wed		35 Thu		35 Sat		35 Sun		35 Mon		
S w36	36 Wed		36 Thu		36 Fri		36 Sat		36 Sun		36 Mon		
w37	37 Thu		37 Fri		37 Sat		37 Sun		37 Mon		37 Wed		
w38	38 Fri		38 Sat		38 Sun		38 Mon		38 Tue		38 Thu		
w39	39 Sat		39 Sun		39 Mon		39 Tue		39 Wed		39 Fri		
O w40	40 Sun		40 Mon		40 Tue		40 Wed		40 Fri		40 Sat		
w41	41 Mon		41 Tue		41 Wed		41 Fri		41 Sat		41 Mon		
w42	42 Tue		42 Wed		42 Thu		42 Fri		42 Sat		42 Mon		
w43	43 Wed		43 Thu		43 Fri		43 Sat		43 Sun		43 Mon		
N w44	44 Thu		44 Fri		44 Sat		44 Sun		44 Mon		44 Wed		
w45	45 Fri		45 Sat		45 Sun		45 Mon		45 Tue		45 Thu		
w46	46 Sat		46 Sun		46 Mon		46 Tue		46 Wed		46 Fri		
w47	47 Sun		47 Mon		47 Tue		47 Wed		47 Fri		47 Sat		
w48	48 Mon		48 Tue		48 Wed		48 Fri		48 Sat		48 Sun		

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 + Anhiversary + Sep 23: Hôuse Anniversary + Sèp 26: Móm's Birthday + Oct 5: Maggie's Anhiversary + Nov 2: Ben's Birthdáy + Nov 5: Maggie An'n's Birthday + Nòv 11:

Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

w51 +

w52 +

w53 +

2025

2026

2027

2028

Year

Events

Highlights

Mult

Grids

J w01				
w02				
w03				
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F w05				
w06				
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N w44				
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D w49				
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w51				
w52				
w53				

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
J	w01 2/3 AM	w02 2/4	w03 2/5	w04 2/6	w05 2/7	w06 2/8	w07 2/9	Year
F	w05 EVE	w07	w08	w09	w10 Cues/Questions	w11 Notes	w12	Events
M	w13	w14	w15	w16	w17	w18	w19	Highlights
A	w19	w20	w21	w22	w23	w24	w25	Multi
J	w26	w27	w28	w29	w30	w31	w32	Grids
A	w31	w32	w33	w34	w35	w36	w37	
S	w36	w37	w38	w39	w40	w41	w42	
O	w40	w41	w42	w43	w44	w45 Summary	w46	
N	w44	w45	w46	w47	w48	w49	w50	
D	w49	w50	w51	w52	w53			

2025

w06

Week 7: Feb 10 - Feb 16, 2025

w08

2025

w07

Week 8: Feb 17 - Feb 23, 2025

w09

2025

w08

Week 9: Feb 24 - Mar 2, 2025

w10

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'

2025

w09

Week 10: Mar 3 - Mar 9, 2025

w11

	w10	Week 11: Mar 10 - Mar 16, 2025							w12
J w01	Mon 3/10	Tue 3/11	Wed 3/12	Thu 3/13	Fri 3/14	Sat 3/15	Sun 3/16	Year	
w02	AM								
w03		
w04	PM								
F w05									
w06	EVE								
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M w09									
w10	Cues/Questions			Notes					
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S w36									
w37									
w38									
w39									
O w40									
w41									
w42									
w43									
N w44									
w45	Summary								
w46									
w47									
w48									
D w49									
w50									
w51									
w52									
w53									

2025

w11

Week 12: Mar 17 - Mar 23, 2025

w13

	w12	Week 13: Mar 24 - Mar 30, 2025							w14
J w01	Mon 3/24	Tue 3/25	Wed 3/26	Thu 3/27	Fri 3/28	Sat 3/29	Sun 3/30	Year	
w02	AM								
w03		
w04	PM								
F w05									
w06	EVE								
w07		
w08									
M w09									
w10	Cues/Questions	Notes							
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w41									
w42									
w43									
N w44									
w45	Summary								
w46									
w47									
w48									
D w49									
w50									
w51									
w52									
w53									

2025

w13

Week 14: Mar 31 - Apr 6, 2025

w15

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

2025

w15

Week 16: Apr 14 - Apr 20, 2025

w17

2025

w16

Week 17: Apr 21 - Apr 27, 2025

w18

2025

w17

Week 18: Apr 28 - May 4, 2025

w19

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

2025

w18

Week 19: May 5 - May 11, 2025

w20

2025

w19

Week 20: May 12 - May 18, 2025

w21

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

	Mon 6/30	Tue 7/1	Wed 7/2	Thu 7/3	Fri 7/4	Sat 7/5	Sun 7/6	
J w01	AM							
w02		
w03		
w04	PM							
F w05		
w06	EVE							
w07		
w08		
M w09		
w10	Cues/Questions				Notes			
w11		
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A w14		
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M w18		
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N w44		
w45	Summary							
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w53		

Year
Events
Highlights
Multi
Grids

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

2025

w28

Week 29: Jul 14 - Jul 20, 2025

w30

2025

w29

Week 30: Jul 21 - Jul 27, 2025

w31

2025

w30

Week 31: Jul 28 - Aug 3, 2025

w32

	Mon 7/28	Tue 7/29	Wed 7/30	Thu 7/31	Fri 8/1	Sat 8/2	Sun 8/3	
J w01	AM							Year
w02	Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
w07	
w08								
M w09								
w10	Cues/Questions				Notes			
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S w36				
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N w44				
w45	Summary							
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D w49				
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w52				
w53				

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'

2025

w31

Week 32: Aug 4 - Aug 10, 2025

w33

2025

w32

Week 33: Aug 11 - Aug 17, 2025

w34

2025

w33

Week 34: Aug 18 - Aug 24, 2025

w35

2025

w34

w36

Week 35: Aug 25 - Aug 31, 2025

	Mon 8/25	Tue 8/26	Wed 8/27	Thu 8/28	Fri 8/29	Sat 8/30	Sun 8/31	
J w01	AM							Year
w02	Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
w07	
w08								
M w09								
w10	Cues/Questions				Notes			
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w45	Summary							
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w53				

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'

2025

w35

Week 36: Sep 1 - Sep 7, 2025

w37

	Mon 9/1	Tue 9/2	Wed 9/3	Thu 9/4	Fri 9/5	Sat 9/6	Sun 9/7	
J	w01							Year
	AM							Events
w02	
w03	
w04	PM							
F	w05							
	EVE							
w06	
w07	
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M	w09							
	Cues/Questions					Notes		
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N	w44							
w45	Summary		
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D	w49							
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w52			
w53			

2025

w36

Week 37: Sep 8 - Sep 14, 2025

w38

	Mon 9/8	Tue 9/9	Wed 9/10	Thu 9/11	Fri 9/12	Sat 9/13	Sun 9/14	
J w01	AM							Year
w02			Events
w03			Highlights
w04	PM							Multi
F w05			Grids
w06	EVE							
w07			
w08			
M w09			
w10	Cues/Questions				Notes			
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O w40				
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N w44				
w45	Summary							
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w53				

2025

w37

Week 38: Sep 15 - Sep 21, 2025

w39

2025

w38

Week 39: Sep 22 - Sep 28, 2025

w40

	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
J	w01	9/22	Tue 9/23	Wed 9/24	Thu 9/25	Fri 9/26	Sat 9/27	Sun 9/28	Year
w02	AM		Moved to 455 Anniversary			Mom's Birthday			Events
w03									Highlights
w04	PM								Multi
F	w05								Grids
w06	EVE								
w07									
w08									
M	w09								
w10	Cues/Questions			Notes					
w11	
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J	w22	
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J	w27	
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A	w31	
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S	w36	
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w38	
w39		
O	w40	
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N	w44	
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D	w49	
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w52	
w53	

Summary

2025

w39

Week 40: Sep 29 - Oct 5, 2025

w41

	Mon 9/29	Tue 9/30	Wed 10/1	Thu 10/2	Fri 10/3	Sat 10/4	Sun 10/5		
J w01	Mon 9/29	Tue 9/30	Wed 10/1	Thu 10/2	Fri 10/3	Sat 10/4	Sun 10/5		
w02	AM								
w03		
w04	PM								
F w05									
w06	EVE								
w07		
w08									
M w09		
w10	Cues/Questions			Notes					
w11		
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J w22		
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N w44		
w45	Summary								
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D w49		
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w53		

Year
Events
Highlights
Multi
Grids

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

w40

Week 41: Oct 6 - Oct 12, 2025

w42

2025

w41

w43

Week 42: Oct 13 - Oct 19, 2025

	Mon 10/13	Tue 10/14	Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19	
J w01	AM							Year
w02	Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
w07	
w08								
M w09	
w10	Cues/Questions				Notes			
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S w36				
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O w40				
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N w44				
w45	Summary							
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D w49				
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w51				
w52				
w53				

2025

w42

Week 43: Oct 20 - Oct 26, 2025

w44

	Mon 10/20	Tue 10/21	Wed 10/22	Thu 10/23	Fri 10/24	Sat 10/25	Sun 10/26	
J	w01							Year
	AM							Events
w02	
w03	
w04	PM							
F	w05							
	EVE							
w06	
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M	w09							
	Cues/Questions					Notes		
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N	w44							
w45	Summary		
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D	w49							
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w52			
w53			

2025

w43

Week 44: Oct 27 - Nov 2, 2025

w45

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01	10/27	10/28	10/29	10/30	10/31	11/1	11/2
F	w02	AM						Events
	w03	
	w04	PM						
	w05							
	w06	EVE						
M	w07	
M	w08	
M	w09	
	w10	Cues/Questions				Notes		
	w11	
	w12	
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A	w14	
	w15	
	w16	
	w17	
M	w18	
	w19	
	w20	
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J	w22	
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J	w27	
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N	w44	
	w45	Summary	.	
	w46	
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D	w49	
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	w52	
	w53	

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'

2025

w44

Week 45: Nov 3 - Nov 9, 2025

w46

	Mon 11/3	Tue 11/4	Wed 11/5	Thu 11/6	Fri 11/7	Sat 11/8	Sun 11/9	
J w01	AM							Year
w02	.	.						Events
w03	.	.						Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
w07	.	.						
w08	.	.						
M w09	.	.						
w10	Cues/Questions				Notes			
w11	.	.						
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A w14	.	.						
w15	.	.						
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w43	.	.						
N w44	.	.						
w45	.	.			Summary			
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D w49	.	.						
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w52	.	.						
w53	.	.						

2025

w45

Week 46: Nov 10 - Nov 16, 2025

w47

Week 47: Nov 17 - Nov 23, 2025

2025

w47

Week 48: Nov 24 - Nov 30, 2025

w49

	Mon 11/24	Tue 11/25	Wed 11/26	Thu 11/27	Fri 11/28	Sat 11/29	Sun 11/30		
J	w01							Year	
	w02	AM	Dad's Birthday					Events	
	w03	.	.					Highlights	
	w04	PM						Multi	
F	w05	.	.					Grids	
	w06	EVE							
	w07	.	.						
	w08								
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	Cues/Questions			Notes					
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	w53		

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

2025

w48

Week 49: Dec 1 - Dec 7, 2025

w50

2025

w50

Week 51: Dec 15 - Dec 21, 2025

w52

2025

w51

Week 52: Dec 22 - Dec 28, 2025

w53

2025

w52

Week 53: Dec 29 - Jan 4, 2026

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	
J	w01	12/29	12/30	12/31	1/1	1/2	1/3	1/4	
w02	AM								
w03		
w04	PM								
F	w05								
w06	EVE								
w07		
w08									
M	w09								
	Cues/Questions			Notes					
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N	w44								
	Summary								
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D	w49								
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w53		

Year

Events

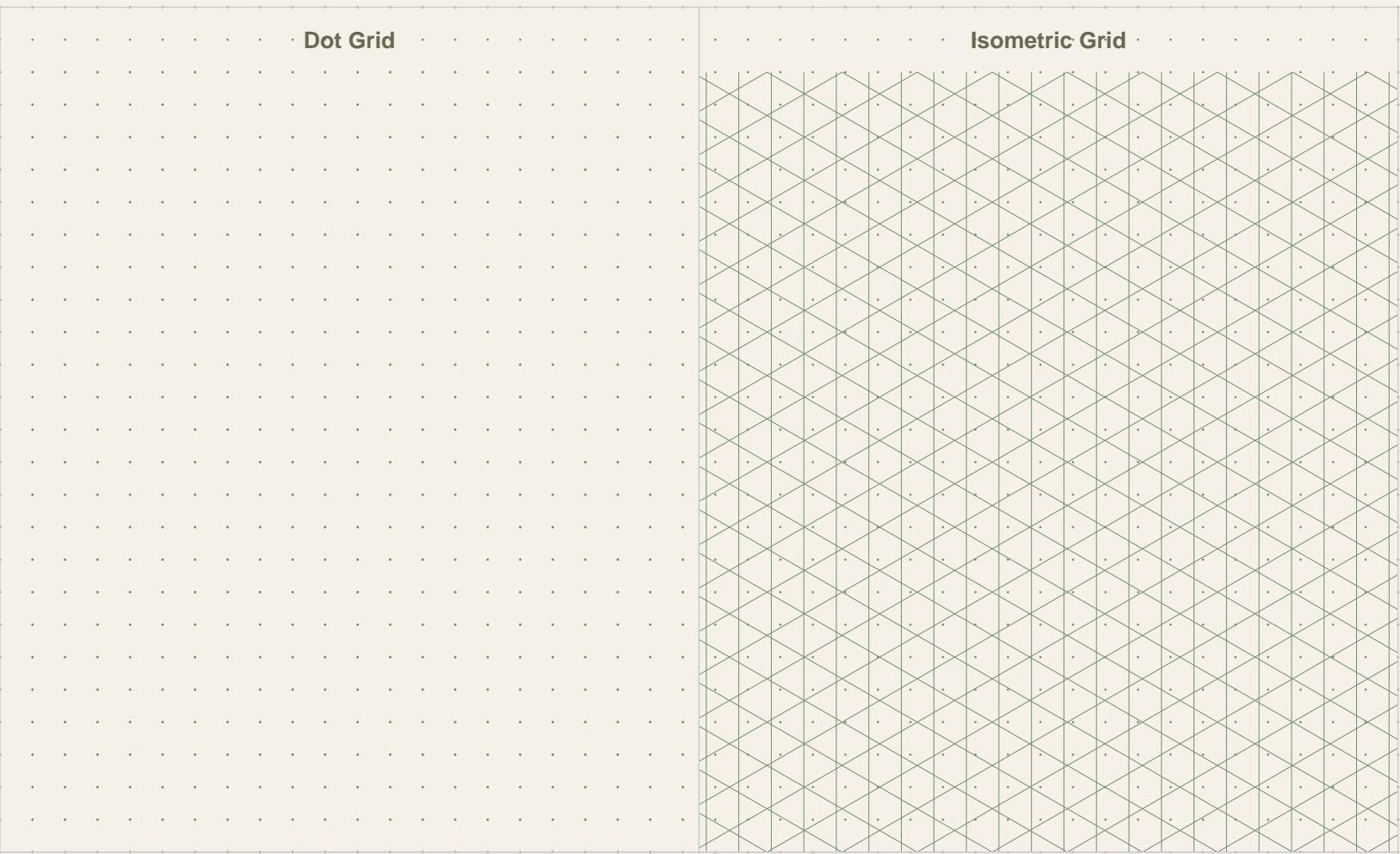
Highlights

Multi
Grids

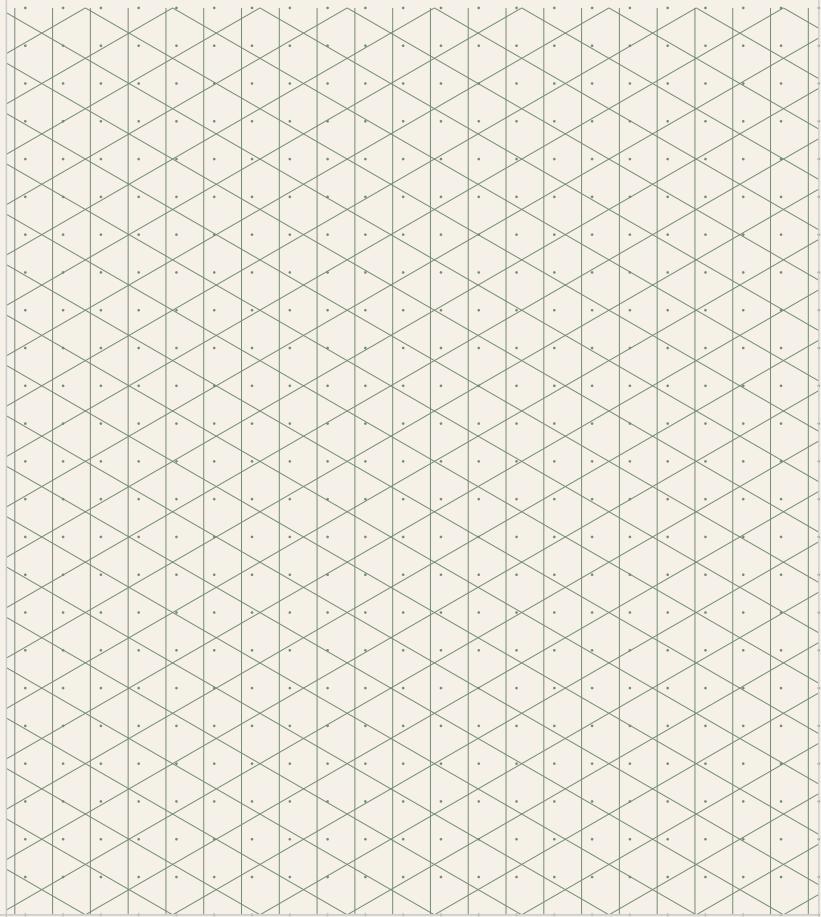
Grid Types

Visual Reference & Templates

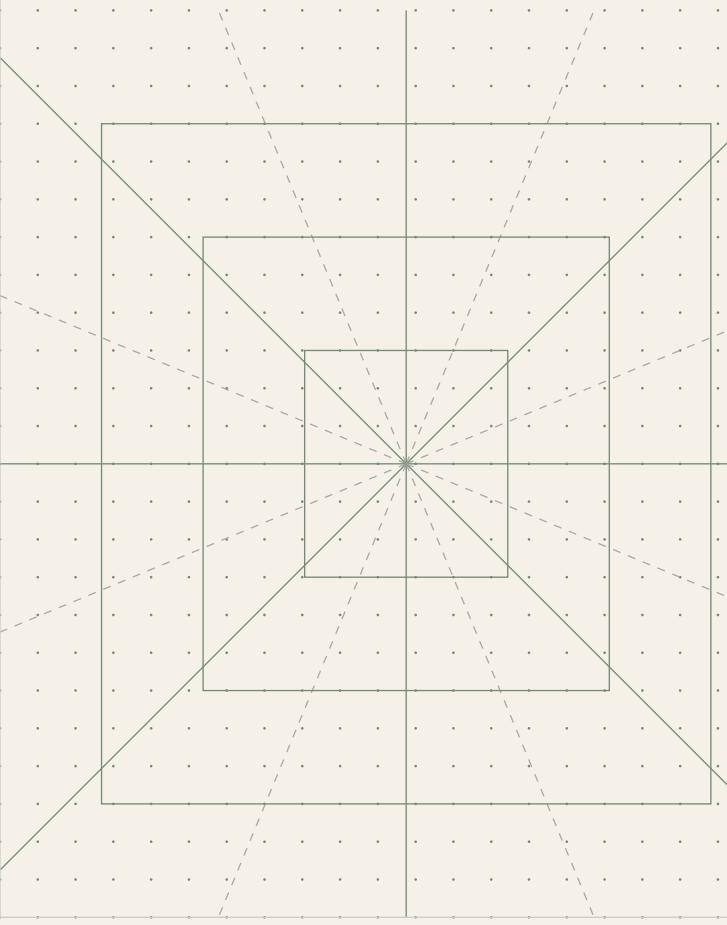
Dot Grid



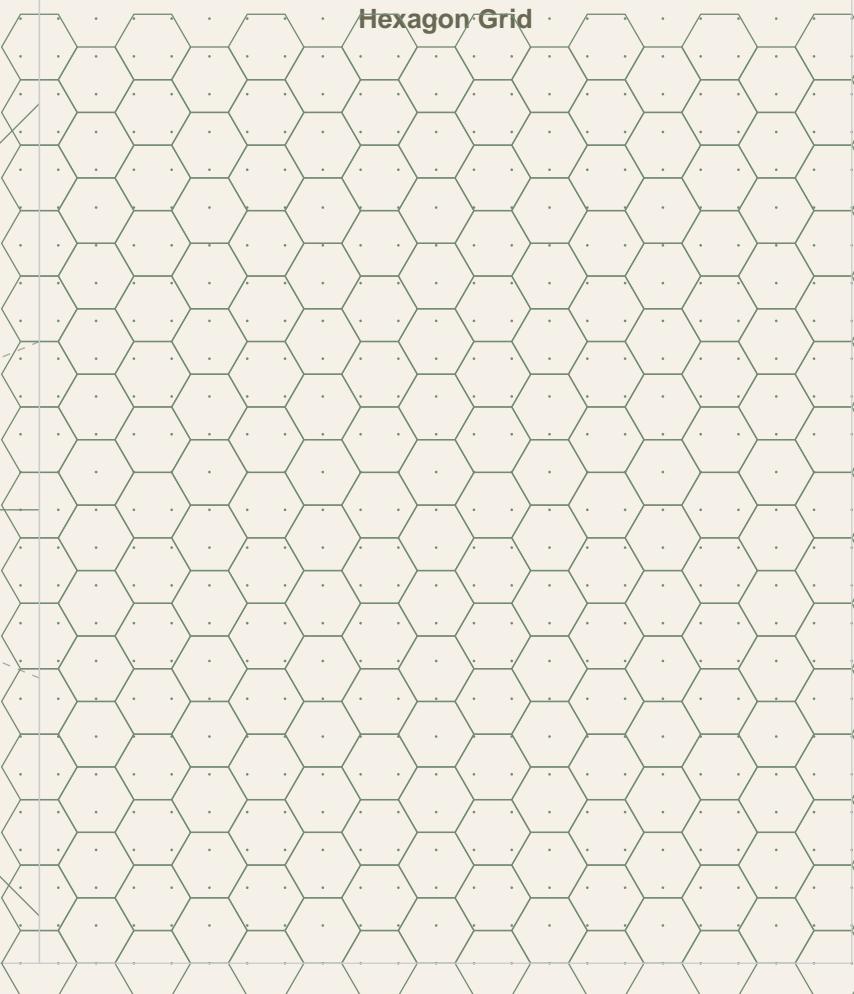
Isometric Grid



Perspective Grid



Hexagon Grid



Grid Reference

Year

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

J w22

Graph Grid

5mm square grid for precise drawings

Tap to view full page

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

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w48

D w49

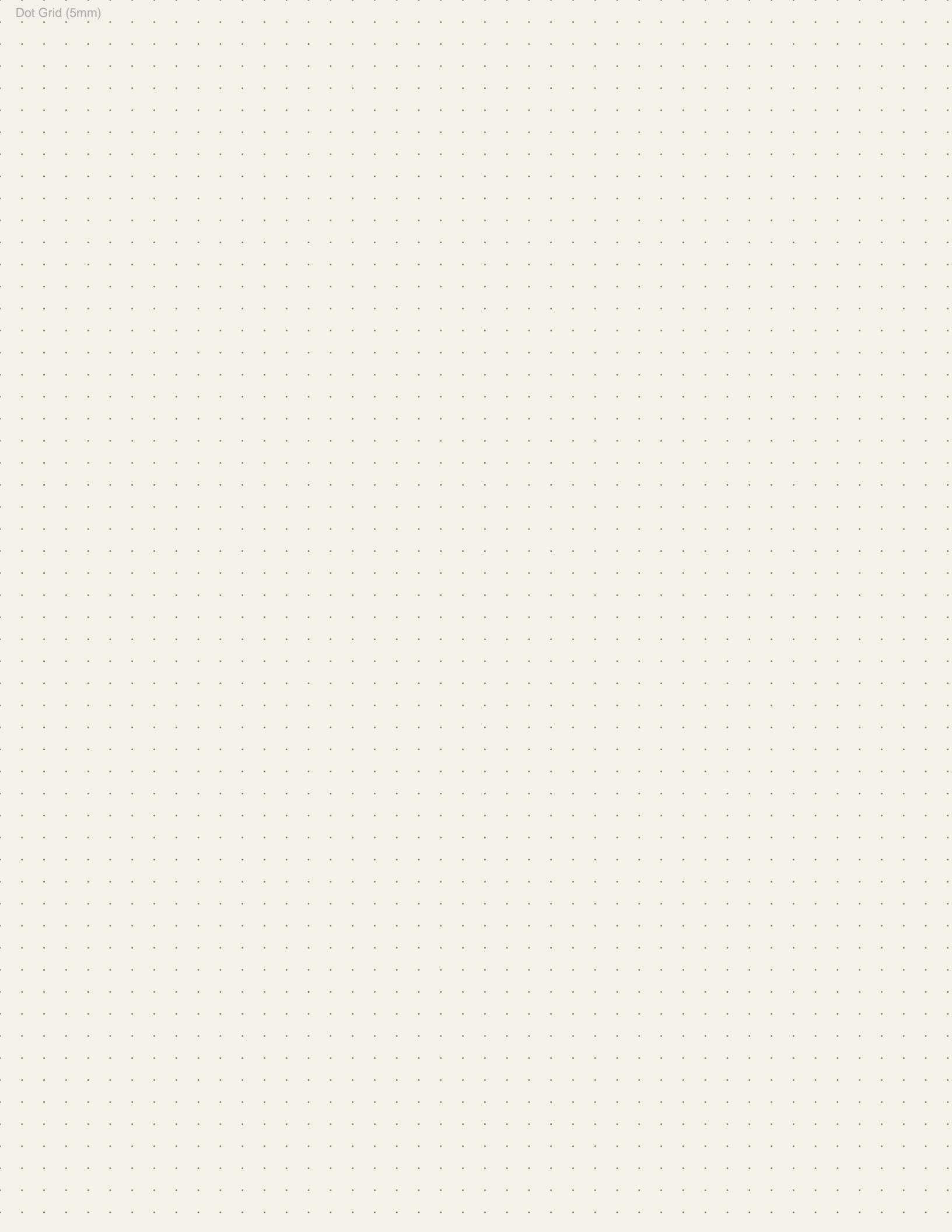
w50

w51

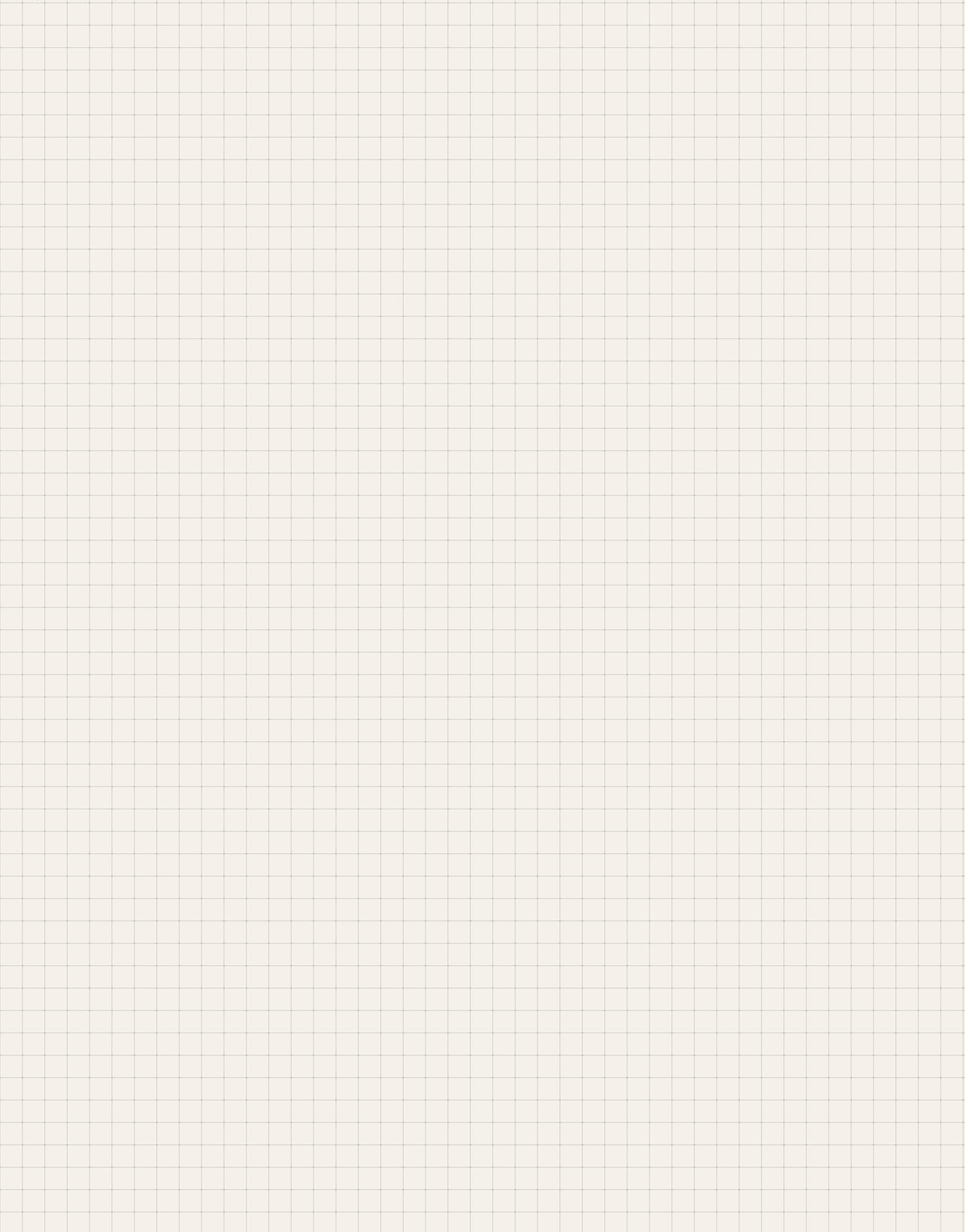
w52

w53

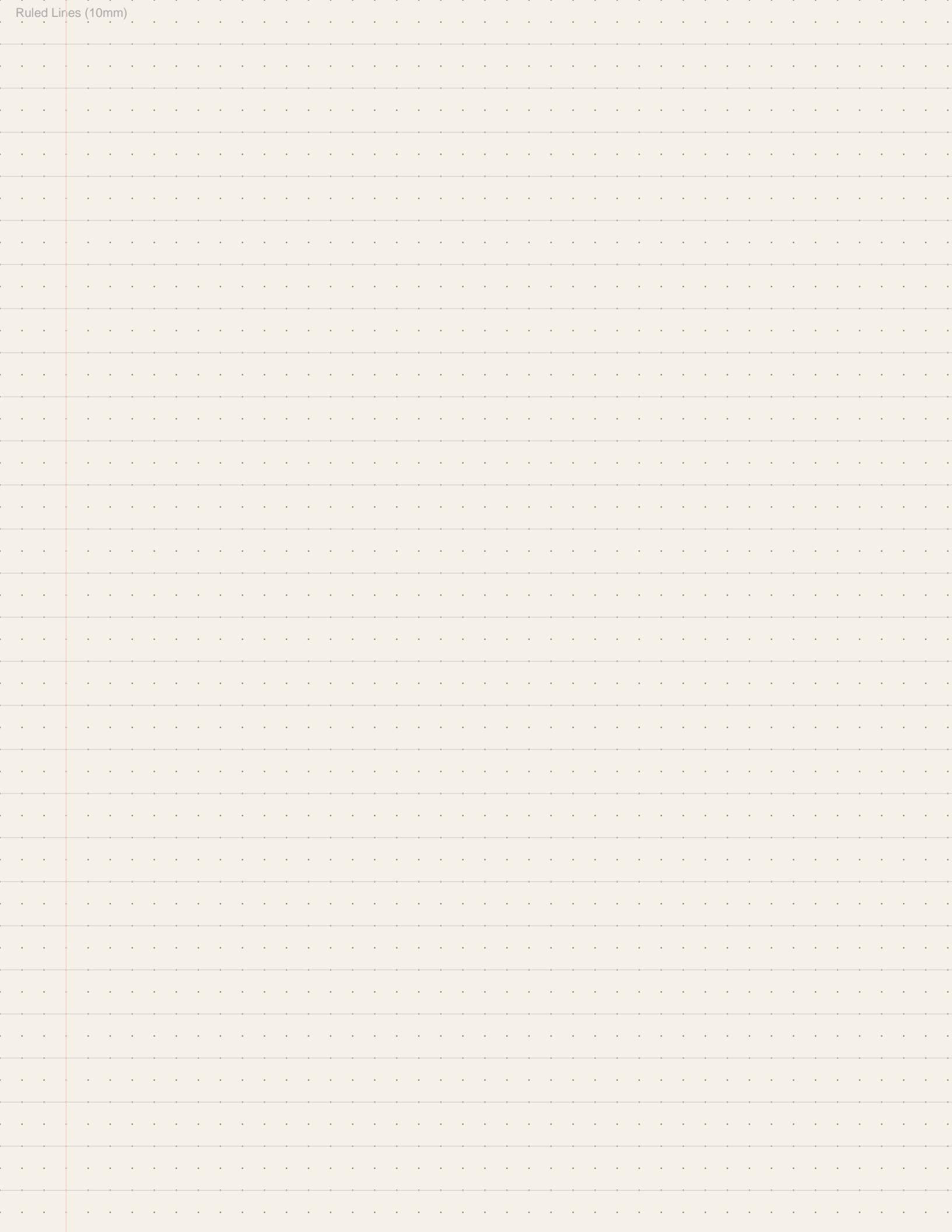
Dot Grid (5mm)

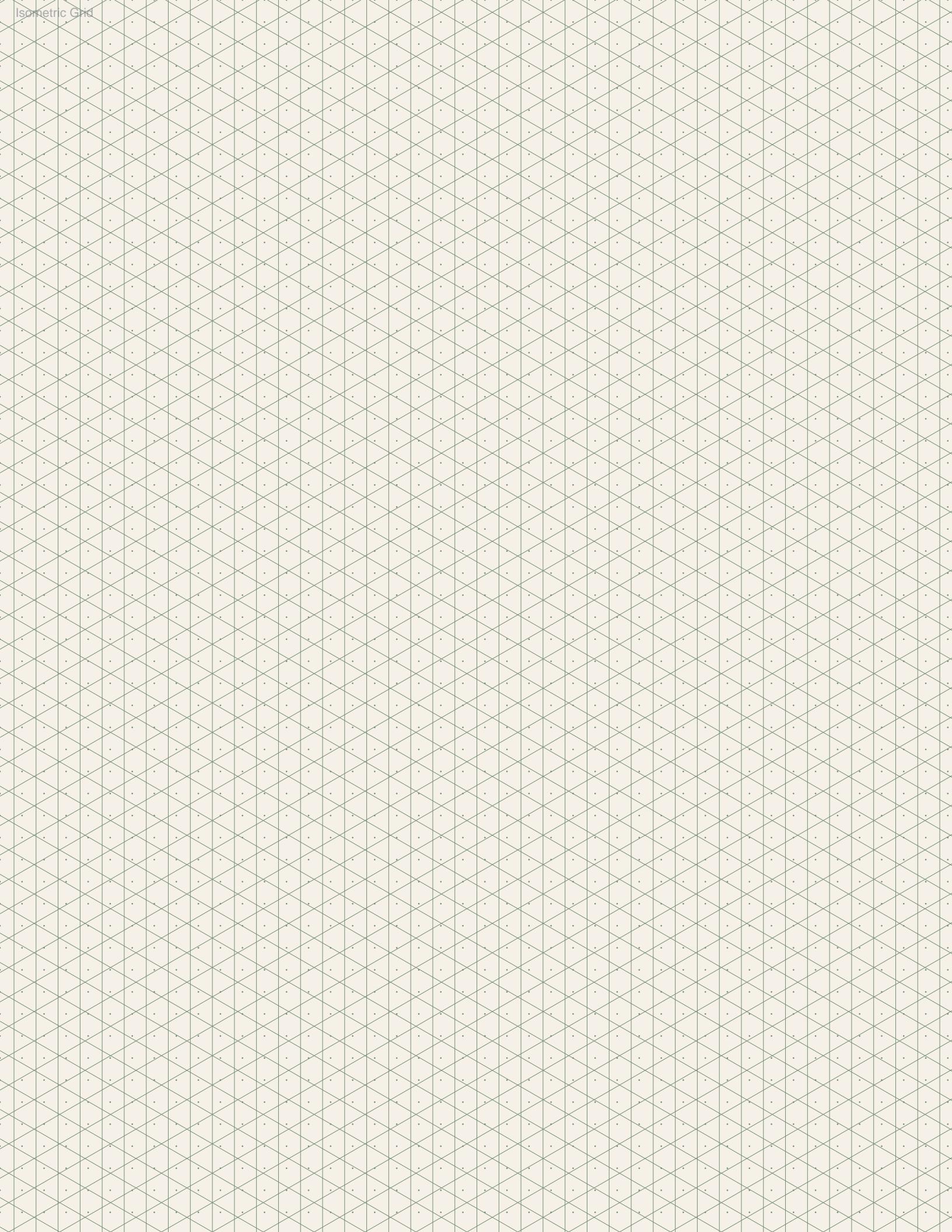


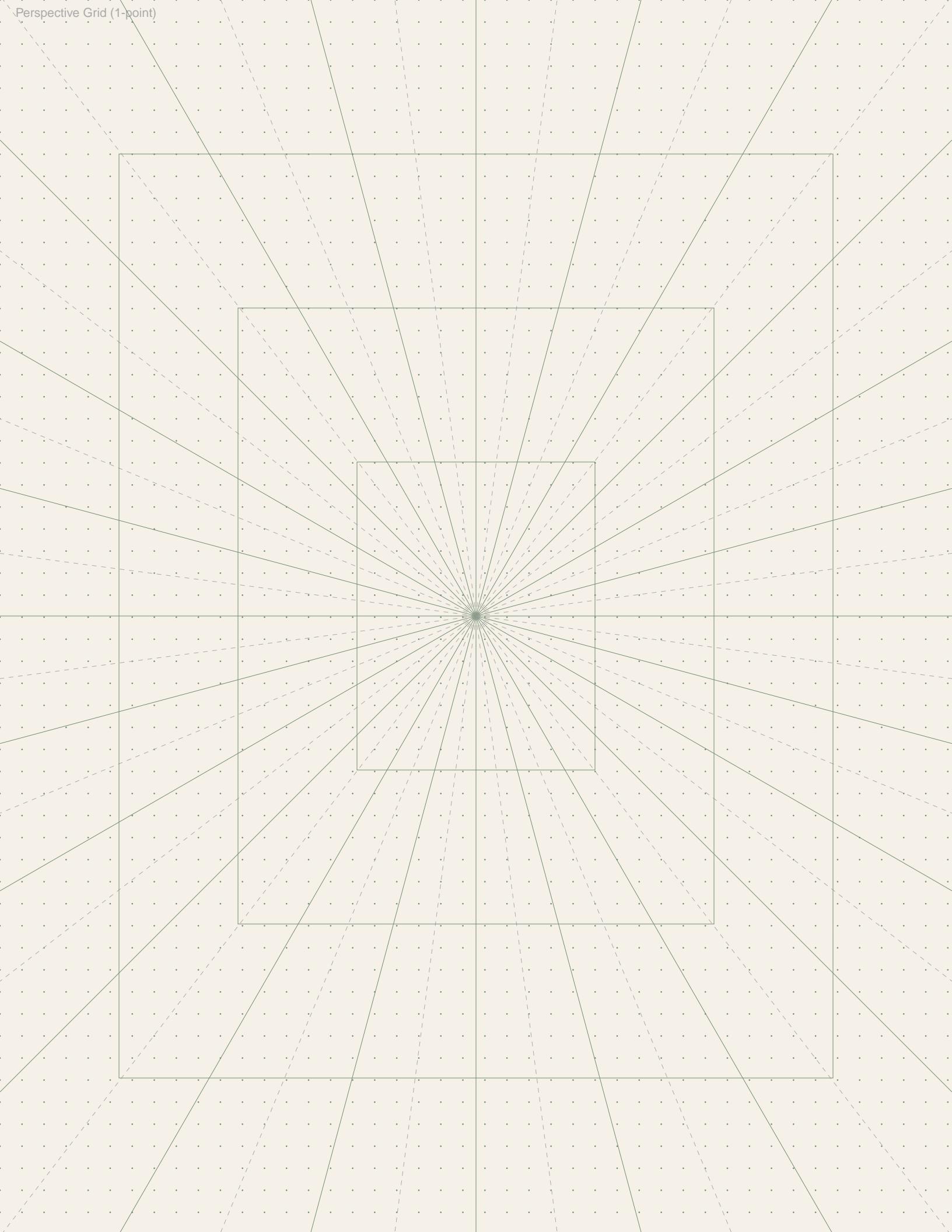
Graph Grid (5mm)



Ruled Lines (10mm)









Tracker Ideas

Examples to spark your creativity - adapt these to your needs

Habit Tracker

	1	7	14	21	28	31
Exercise	<input type="checkbox"/>					
Read	<input type="checkbox"/>					
Meditate	<input type="checkbox"/>					
Journal	<input type="checkbox"/>					
Water	<input type="checkbox"/>					

Mood / Energy Log

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood	<input type="checkbox"/>						
Energy	<input type="checkbox"/>						
Sleep (hrs)	<input type="checkbox"/>						

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.

