

Year 2025

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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	1 Wed	* 1 Sat	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	1 Fri	1 Mon	* 1 Wed	1 Sat	1 Mon	Event
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	Highlights
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	
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

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	
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	
w32													
w33													
w34													
w35													
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w37													
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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

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

Year

Events

Highlights

Mult

Grids

J w01				
w02	Jan			
w03				
w04				
F w05				
w06	Feb			
w07				
w08				
M w09				
w10	Mar			
w11				
w12				
w13				
A w14	Apr			
w15				
w16				
w17				
M w18	May			
w19				
w20				
w21				
J w22	Jun			
w23				
w24				
w25				
w26	Jul			
J w27				
w28				
w29				
w30	Aug			
A w31				
w32				
w33				
w34	Sep			
w35				
S w36				
w37				
w38	Oct			
w39				
O w40				
w41				
w42	Nov			
w43				
N w44				
w45				
w46	Dec			
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 w06

Week 5: Jan 27 - Feb 2, 2025

	Mon 1/27	Tue 1/28	Wed 1/29	Thu 1/30	Fri 1/31	Sat 2/1	Sun 2/2	Year
J	w01							Events
F	w02	AM						Highlights
	w03							Multi
	w04	PM						Grids
F	w05							
		EVE						
w	w06							
w	w07							
w	w08							
M	w09							
w	w10	Cues/Questions			Notes			
w	w11							
w	w12							
w	w13							
A	w14							
w	w15							
w	w16							
w	w17							
M	w18							
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w	w21							
J	w22							
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J	w27							
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A	w31							
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S	w36							
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w	w38							
w	w39							
O	w40							
w	w41							
w	w42							
w	w43							
N	w44							
w	w45			Summary				
w	w46							
w	w47							
w	w48							
D	w49							
w	w50							
w	w51							
w	w52							
w	w53							

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

	w06	Week 7: Feb 10 - Feb 16, 2025						w08
Year								
Events								
Highlights								
Multi								
Grids								
J	w01	Mon 2/10	Tue 2/11	Wed 2/12	Thu 2/13	Fri 2/14	Sat 2/15	Sun 2/16
	w02	AM						
	w03							
	w04	PM						
F	w05							
	w06	EVE						
	w07							
M	w08							
	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

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

Week 10: Mar 3 - Mar 9, 2025

2025

w10

Week 11: Mar 10 - Mar 16, 2025

w12

Week 12: Mar 17 - Mar 23, 2025

	Mon 3/17	Tue 3/18	Wed 3/19	Thu 3/20	Fri 3/21	Sat 3/22	Sun 3/23	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
	w04	PM						Grids
	w05							
	w06	EVE						
	w07							
	w08							
M	w09							
	w10	Cues/Questions				Notes		
	w11							
	w12							
A	w13							
	w14							
	w15							
	w16							
	w17							
M	w18							
	w19							
	w20							
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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							

2025 w12 w14

Week 13: Mar 24 - Mar 30, 2025

	Mon 3/24	Tue 3/25	Wed 3/26	Thu 3/27	Fri 3/28	Sat 3/29	Sun 3/30	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
	w04	PM						Grids
	w05							
	w06	EVE						
	w07							
	w08							
M	w09							
	w10	Cues/Questions				Notes		
A	w11							
A	w12							
w13	w13							
A	w14							
w15	w15							
w16	w16							
w17	w17							
M	w18							
w19	w19							
w20	w20							
w21	w21							
J	w22							
w23	w23							
w24	w24							
w25	w25							
w26	w26							
J	w27							
w28	w28							
w29	w29							
w30	w30							
A	w31							
w32	w32							
w33	w33							
w34	w34							
w35	w35							
S	w36							
w37	w37							
w38	w38							
w39	w39							
O	w40							
w41	w41							
w42	w42							
w43	w43							
N	w44							
w45					Summary			
w46								
w47								
w48								
D	w49							
w50	w50							
w51	w51							
w52	w52							
w53	w53							

Week 14: Mar 31 - Apr 6, 2025

	Mon 3/31	Tue 4/1	Wed 4/2	Thu 4/3	Fri 4/4	Sat 4/5	Sun 4/6	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
	w04	PM						Grids
	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							
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	w25							
	w26							
J	w27							
	w28							
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A	w31							
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	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

2025

w15

Week 16: Apr 14 - Apr 20, 2025

w17

Week 17: Apr 21 - Apr 27, 2025

	Mon 4/21	Tue 4/22	Wed 4/23	Thu 4/24	Fri 4/25	Sat 4/26	Sun 4/27	Year
J	w01							Events
F	w02 AM							Highlights
	w03							Multi
	w04 PM							Grids
M	w05 EVE							
	w06							
	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 4/28	w02 AM	w03	w04 PM	w05 EVE	w06	w07	w08
F	w09	w10 Cues/Questions	w11	w12	w13	w14	w15	Events
A	w16	w17	w18 M w18	w19	w20	w21	w22 J w22	Highlights
J	w23	w24	w25	w26	w27 J w27	w28	w29	Multi
A	w30	w31 A w31	w32	w33	w34	w35	w36 S w36	Grids
S	w37	w38	w39	w40 O w40	w41	w42	w43	
O	w44 N w44	w45 Summary	w46	w47	w48	w49 D w49	w50	
D	w51	w52	w53					

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

2025

w19

w21

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
J w01	Mon 7/7	Tue 7/8	Wed 7/9	Thu 7/10	Fri 7/11	Sat 7/12	Sun 7/13	Year	
F w05	AM							Events	
w06	PM							Highlights	
w07	EVE							Multi	
w08								Grids	
M w09									
w10	Cues/Questions			Notes					
w11									
w12									
w13									
A w14									
w15									
w16									
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2025

w28

Week 29: Jul 14 - Jul 20, 2025

w30

2025

w29

Week 30: Jul 21 - Jul 27, 2025

w31

Week 31: Jul 28 - Aug 3, 2025

	Mon 7/28	Tue 7/29	Wed 7/30	Thu 7/31	Fri 8/1	Sat 8/2	Sun 8/3	Year
J	w01							Events
F	w02	AM						Highlights
	w03							Multi
	w04	PM						Grids
M	w05							
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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 8/4	Tue 8/5	Wed 8/6	Thu 8/7	Fri 8/8	Sat 8/9	Sun 8/10	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
A	w04	PM						Grids
J	w05							
S	w06	EVE						
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	2025	w33	Week 34: Aug 18 - Aug 24, 2025	w35	2026				
J	w01	Mon 8/18	Tue 8/19	Wed 8/20	Thu 8/21	Fri 8/22	Sat 8/23	Sun 8/24	Year
F	w02	AM Cassie's Birthday							Events
	w03								Highlights
	w04	PM							Multi
F	w05								Grids
	w06	EVE							
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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	Year
J	w01							Events
F	w02 AM							Highlights
	w03							Multi
	w04 PM							Grids
M	w05 EVE							
	w06							
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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

w37

Week 38: Sep 15 - Sep 21, 2025

w39

	Mon 9/15	Tue 9/16	Wed 9/17	Thu 9/18	Fri 9/19	Sat 9/20	Sun 9/21	Year
J	w01							Events
F	w02 AM							Highlights
	w03							Multi
	w04 PM							Grids
M	w05 EVE							
	w06							
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M	w09							
	Cues/Questions		Notes					
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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

Week 41: Oct 6 - Oct 12, 2025

	Mon 10/6	Tue 10/7	Wed 10/8	Thu 10/9	Fri 10/10	Sat 10/11	Sun 10/12	Year
J	w01							Events
F	w02 AM							Highlights
w03								Multi
w04	PM							Grids
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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							Events
F	w02	AM						Highlights
	w03							Multi
	w04	PM						Grids
M	w05							
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2025

w42

Week 43: Oct 20 - Oct 26, 2025

w44

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	Events
F	w02	AM						Highlights
M	w03							Multi
A	w04	PM						Grids
J	w05	EVE						
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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

Week 47: Nov 17 - Nov 23, 2025

	Mon 11/17	Tue 11/18	Wed 11/19	Thu 11/20	Fri 11/21	Sat 11/22	Sun 11/23	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
A	w04	PM						Grids
J	w05							
S	w06	EVE						
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Summary

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

2025 ✓

w48

Week 49: Dec 1 - Dec 7, 2025

w50

Week 50: Dec 8 - Dec 14, 2025

	Mon 12/8	Tue 12/9	Wed 12/10	Thu 12/11	Fri 12/12	Sat 12/13	Sun 12/14	Year
J	w01							Events
F	w02	AM						Highlights
	w03							Multi
	w04	PM						Grids
M	w05							
	w06	EVE						
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	w10	Cues/Questions				Notes		
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2025

w50

Week 51: Dec 15 - Dec 21, 2025

w52

Week 52: Dec 22 - Dec 28, 2025

	Mon 12/22	Tue 12/23	Wed 12/24	Thu 12/25	Fri 12/26	Sat 12/27	Sun 12/28	Year
J	w01							Events
F	w02	AM						Highlights
M	w03							Multi
A	w04	PM						Grids
J	w05							
S	w06	EVE						
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Cues/Questions		Notes						
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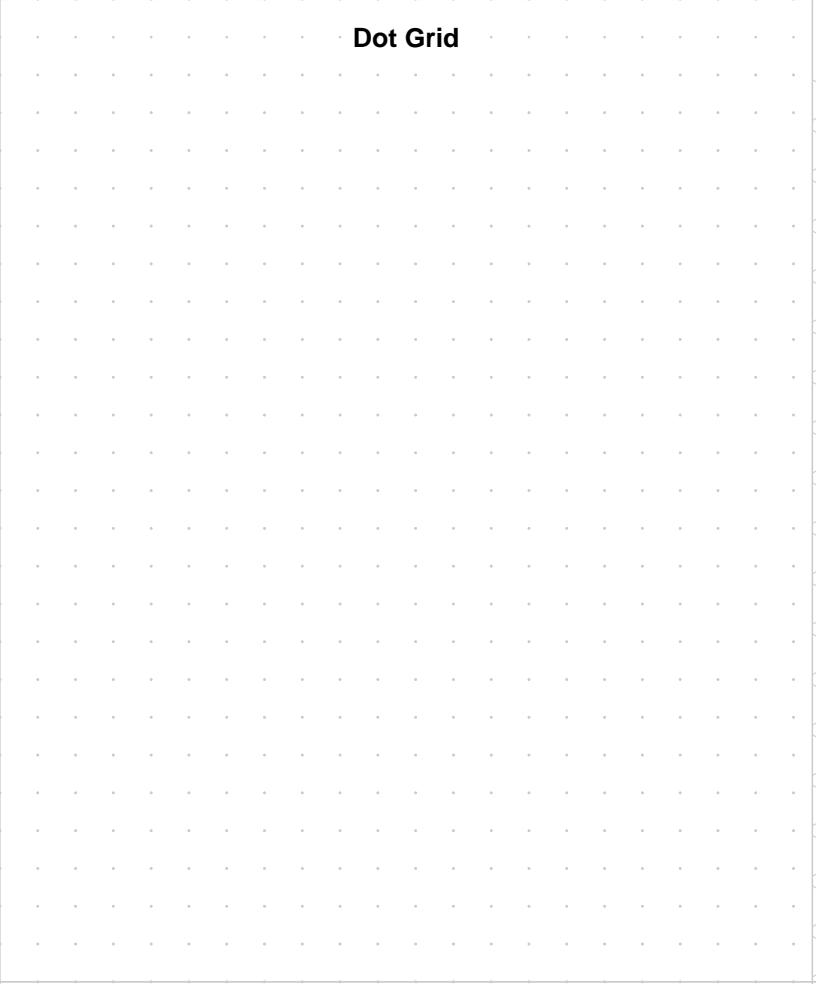
Summary

Week 53: Dec 29 - Jan 4, 2026

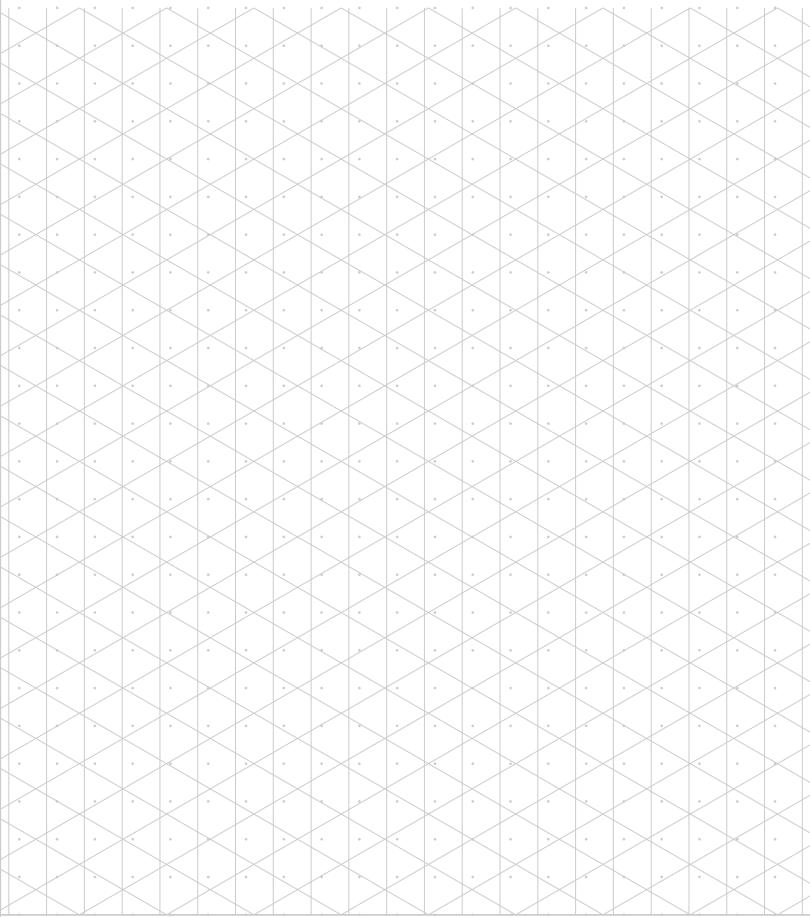
Grid Types

Visual Reference & Templates

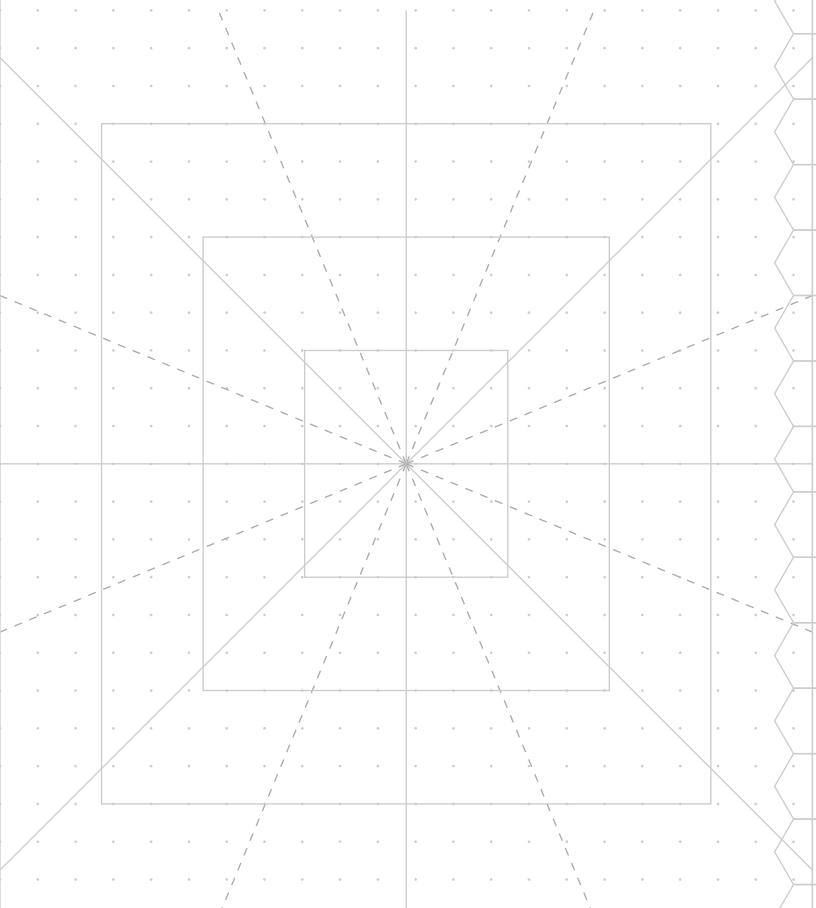
Dot Grid



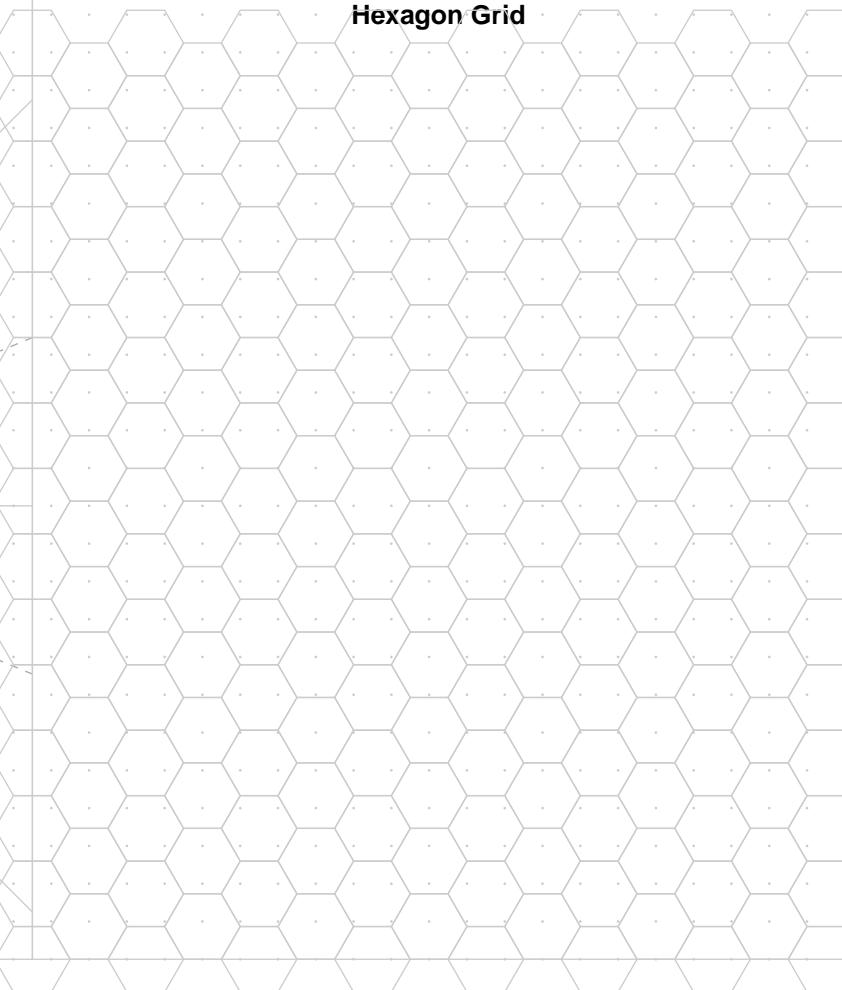
Isometric Grid



Perspective Grid



Hexagon Grid



Grid Reference

Year

Events

Highlights

Multi

Grids

Dot Grid

5mm dot spacing for flexible layouts

Tap to view full page

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

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

N w44

w45

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w47

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D w49

w50

w51

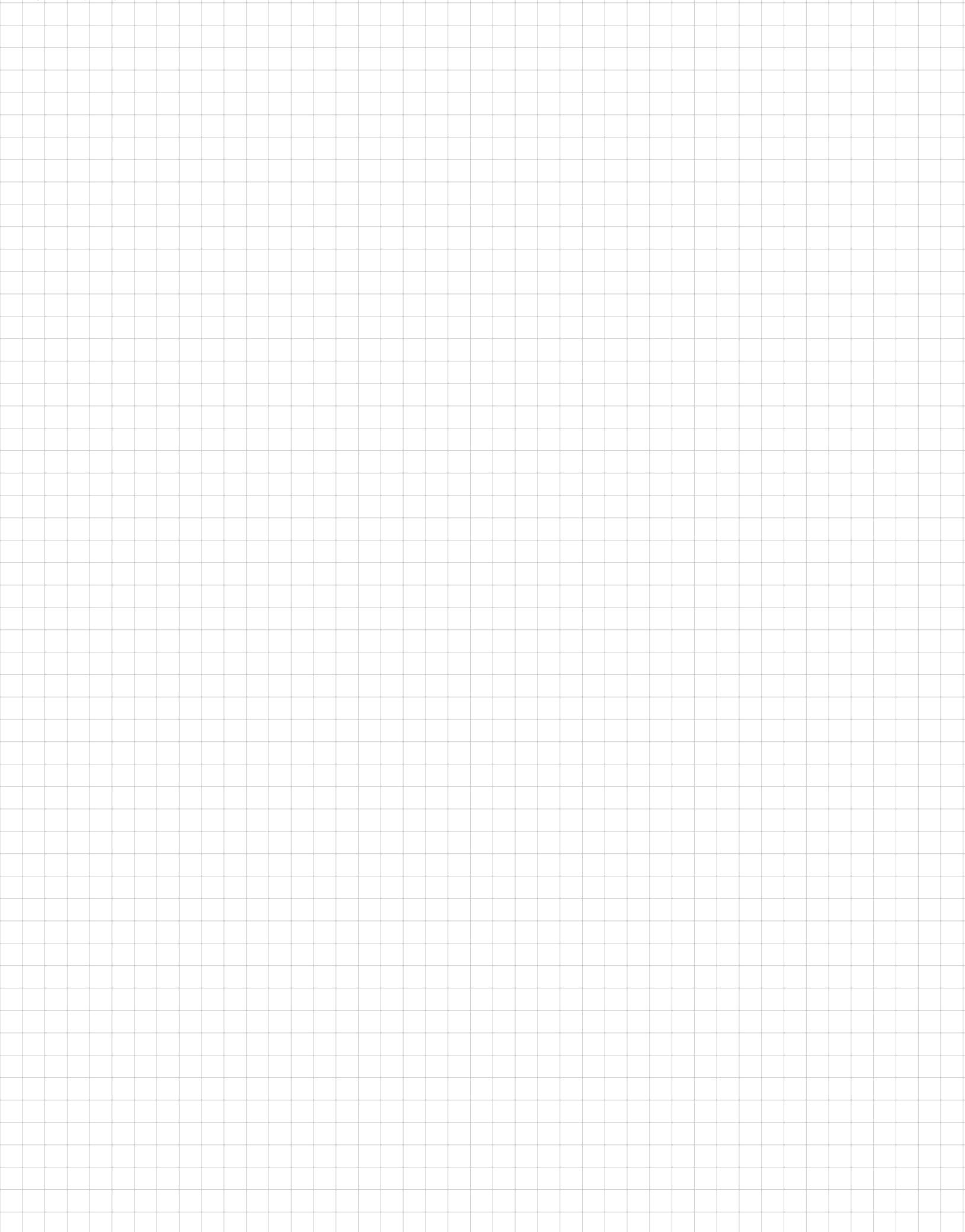
w52

w53

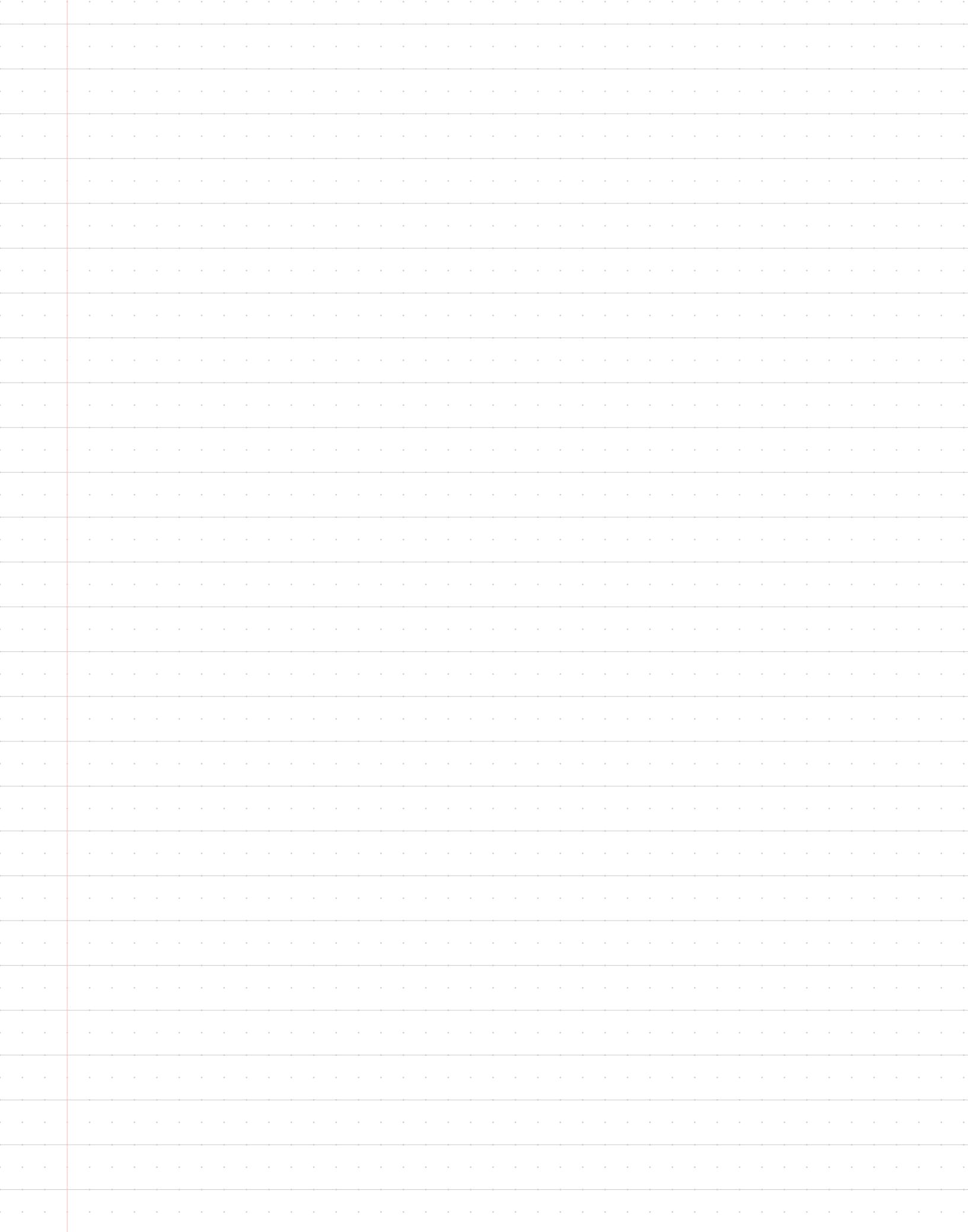
Dot Grid (5mm)



Graph Grid (5mm)

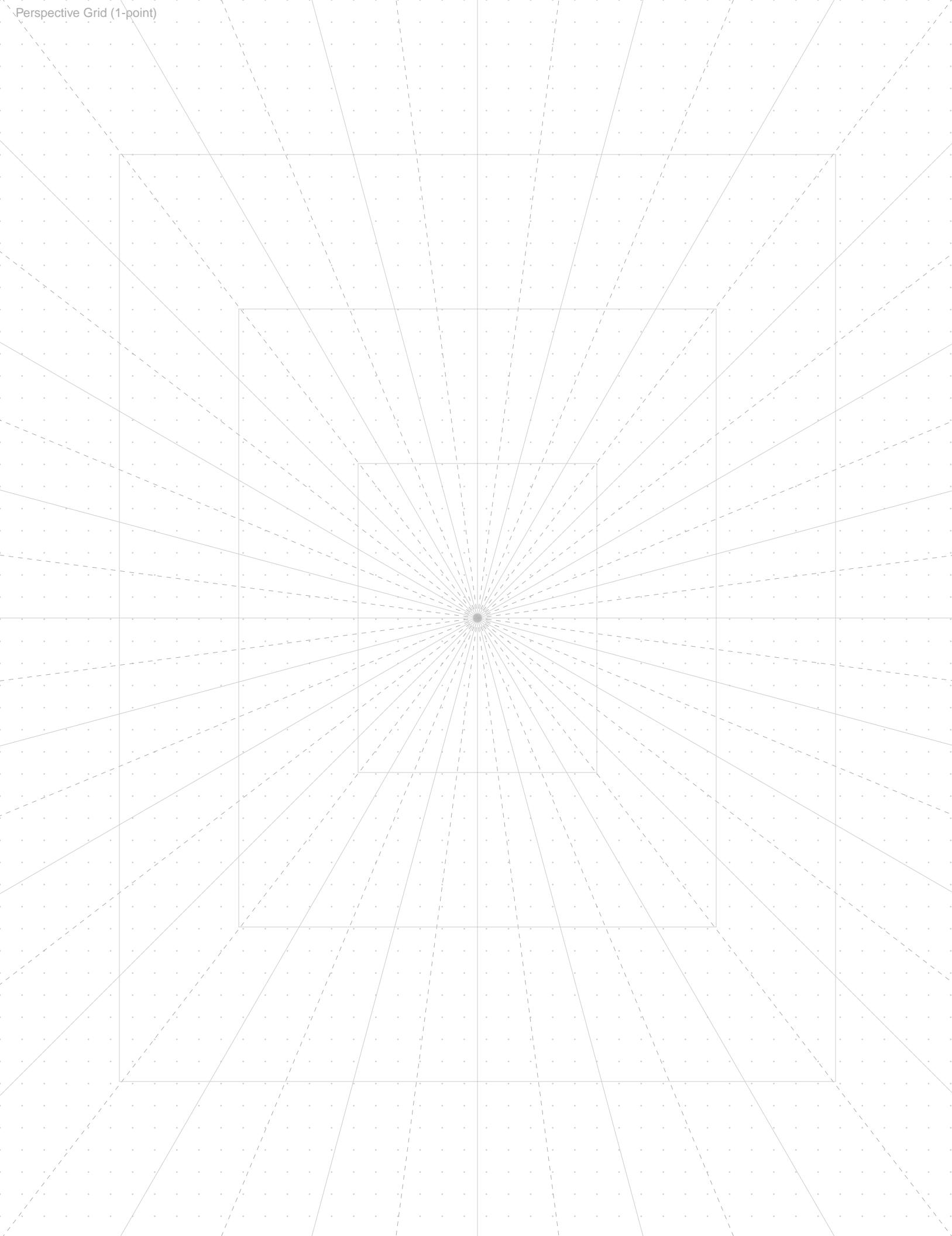


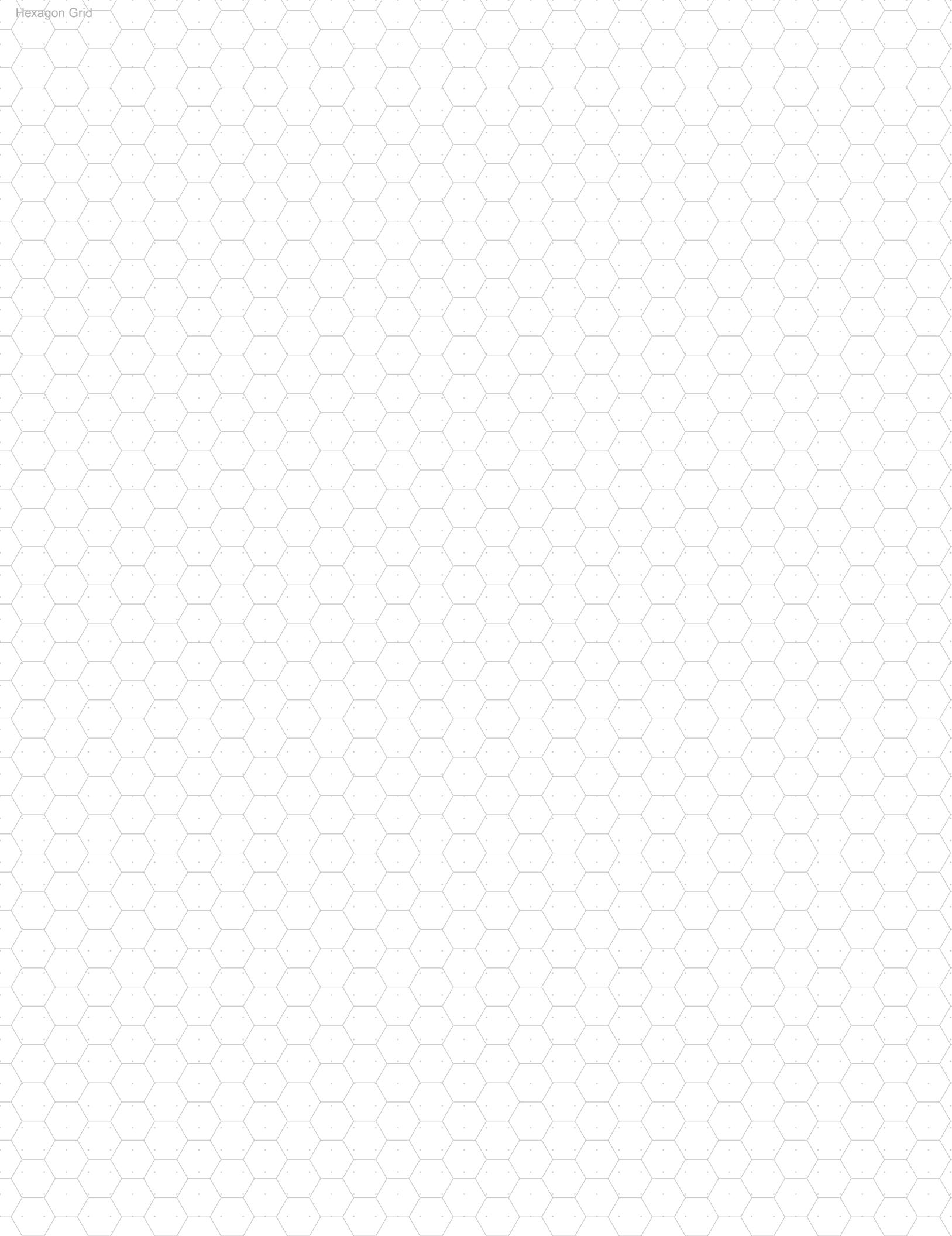
Ruled Lines (10mm)



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.

