

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

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

Year 2025 - Highlights

Year 2025 - Highlights													
Jan		Feb		Mar		Apr		May		Jun		Jul	
w01	1 Wed	*	Sat	1 Sat		1 Tue		1 Thu		1 Sun		1 Tue	
w02												1 Fri	1 Mon
w03	2 Thu		2 Sun	2 Sun		2 Wed		2 Fri		2 Mon		2 Wed	2 Sat
w04												2 Thu	2 Tue
F w05	3 Fri		3 Mon	3 Mon		3 Thu		3 Sat		3 Tue		3 Thu	3 Sun
w06	4 Sat		4 Tue	4 Tue		4 Fri		4 Sun		4 Wed		4 Fri	4 Mon
w07												4 Mon	4 Thu
w08	5 Sun		5 Wed	5 Wed		5 Sat		5 Mon		5 Thu		5 Sat	5 Fri
M w09	6 Mon		6 Thu	6 Thu		6 Sun		6 Tue		6 Fri		6 Sun	6 Mon
w10												6 Wed	6 Sat
w11	7 Tue		7 Fri	7 Fri		7 Mon		7 Wed		7 Sat		7 Mon	7 Tue
w12	8 Wed		8 Sat	8 Sat		8 Tue		8 Thu		8 Sun		8 Tue	8 Mon
w13												8 Fri	8 Sat
A w14	9 Thu		9 Sun	9 Sun		9 Wed		9 Fri		9 Mon		9 Wed	9 Sat
w15												9 Sat	9 Tue
w16	10 Fri		10 Mon	10 Mon		10 Thu		10 Sat		10 Tue		10 Thu	10 Sun
w17												10 Sun	10 Wed
M w18	11 Sat		11 Tue	11 Tue		11 Fri		11 Sun		11 Wed		11 Fri	11 Mon
w19												11 Sat	11 Tue
w20	12 Sun		12 Wed	12 Wed		12 Sat		12 Mon		12 Thu		12 Sat	12 Wed
w21												12 Fri	12 Fri
J w22	13 Mon		13 Thu	13 Thu		13 Sun		13 Tue		13 Fri		13 Sun	13 Thu
w23												13 Mon	13 Sat
w24	14 Tue		14 Fri	14 Fri		14 Mon		14 Wed		14 Sat		14 Mon	14 Sun
w25												14 Sun	14 Fri
w26	15 Wed		15 Sat	15 Sat		15 Tue		15 Thu		15 Sun		15 Tue	15 Mon
w27												15 Fri	15 Sat
w28	16 Thu		16 Sun	16 Sun		16 Wed		16 Fri		16 Mon		16 Wed	16 Sun
w29												16 Sat	16 Tue
w30	17 Fri		17 Mon	17 Mon	*	17 Tue		17 Thu		17 Sun		17 Wed	17 Fri
J w31												17 Fri	17 Mon
w32	18 Sat		18 Tue	18 Tue		18 Fri		18 Sun		18 Wed		18 Fri	18 Sat
w33												18 Sat	18 Tue
w34	19 Sun		19 Wed	19 Wed		19 Sat		19 Mon		19 Thu	*	19 Tue	19 Fri
w35												19 Sat	19 Wed
S w36	20 Mon	*	20 Thu	20 Thu		20 Sun		20 Tue		20 Fri		20 Sun	20 Thu
w37												20 Mon	20 Sat
w38	21 Tue		21 Fri	21 Fri		21 Mon		21 Wed		21 Sat		21 Mon	21 Sun
w39												21 Tue	21 Fri
O w40	22 Wed		22 Sat	22 Sat		22 Tue		22 Thu		22 Sun		22 Tue	22 Mon
w41												22 Fri	22 Sat
w42	23 Thu		23 Sun	23 Sun		23 Wed		23 Fri		23 Mon		23 Thu	23 Tue
w43												23 Tue	23 Thu
N w44	24 Fri		24 Mon	24 Mon		24 Thu		24 Sat		24 Tue		24 Fri	24 Mon
w45												24 Mon	24 Wed
w46	25 Sat		25 Tue	25 Tue		25 Fri		25 Sun		25 Wed		25 Sat	25 Tue
w47												25 Tue	25 Thu
w48	26 Sun		26 Wed	26 Wed		26 Sat	*	26 Mon	*	26 Thu		26 Fri	26 Sun
D w49												26 Fri	26 Wed
w50	27 Mon		27 Thu	27 Thu		27 Sun		27 Tue		27 Fri		27 Sat	27 Thu
w51												27 Mon	27 Sat
w52	28 Tue		28 Fri	28 Fri		28 Mon		28 Wed		28 Sat		28 Tue	28 Sun
w53												28 Fri	28 Sun

Year Events Multi Grids

+ 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 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

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

Year

Events

Highlights

Mult

Grids

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

J w01

w02

w03

w04

F w05

w06

w07

w08

M w09

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w11

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A w14

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w16

w17

M w18

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J w22

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w24

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w26

J w27

w28

w29

w30

A w31

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w35

S w36

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O w40

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N w44

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w47

w48

D w49

w50

w51

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w53

Week 1: Dec 30 - Jan 5, 2025

	Mon 12/30	Tue 12/31	Wed 1/1	Thu 1/2	Fri 1/3	Sat 1/4	Sun 1/5	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

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

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

	Mon 1/6	Tue 1/7	Wed 1/8	Thu 1/9	Fri 1/10	Sat 1/11	Sun 1/12	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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						Summary		

2025

w02

Week 3: Jan 13 - Jan 19, 2025

w04

	Mon 1/13	Tue 1/14	Wed 1/15	Thu 1/16	Fri 1/17	Sat 1/18	Sun 1/19	
J w01	AM							Year
w02								Events
w03	PM							Highlights
w04								Multi
F w05	EVE							Grids
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w10	Cues/Questions					Notes		
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						Summary		

2025

w03

Week 4: Jan 20 - Jan 26, 2025

w05

	Mon 1/20	Tue 1/21	Wed 1/22	Thu 1/23	Fri 1/24	Sat 1/25	Sun 1/26	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w04

Week 5: Jan 27 - Feb 2, 2025

w06

	Mon 1/27	Tue 1/28	Wed 1/29	Thu 1/30	Fri 1/31	Sat 2/1	Sun 2/2	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05	EVE							Grids
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					Summary			

February 2025

Monthly Review

What Worked

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

	Mon 2/10	Tue 2/11	Wed 2/12	Thu 2/13	Fri 2/14	Sat 2/15	Sun 2/16	
J w01	AM							
w02								
w03								
w04	PM							
F w05								
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w10	Cues/Questions					Notes		
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						Summary		

Year

Events

Highlights

Multi

Grids

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

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

2025

w10

Week 11: Mar 10 - Mar 16, 2025

w12

	Mon 3/10	Tue 3/11	Wed 3/12	Thu 3/13	Fri 3/14	Sat 3/15	Sun 3/16	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
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2025

w11

Week 12: Mar 17 - Mar 23, 2025

w13

	Mon 3/17	Tue 3/18	Wed 3/19	Thu 3/20	Fri 3/21	Sat 3/22	Sun 3/23	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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						Summary		

2025

w12

Week 13: Mar 24 - Mar 30, 2025

w14

	Mon 3/24	Tue 3/25	Wed 3/26	Thu 3/27	Fri 3/28	Sat 3/29	Sun 3/30	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
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w10	Cues/Questions		Notes					
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2025

w13

Week 14: Mar 31 - Apr 6, 2025

w15

	Mon 3/31	Tue 4/1	Wed 4/2	Thu 4/3	Fri 4/4	Sat 4/5	Sun 4/6	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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						Summary		

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

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

	Mon 4/7	Tue 4/8	Wed 4/9	Thu 4/10	Fri 4/11	Sat 4/12	Sun 4/13	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions			Notes				
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2025

w15

Week 16: Apr 14 - Apr 20, 2025

w17

	Mon 4/14	Tue 4/15	Wed 4/16	Thu 4/17	Fri 4/18	Sat 4/19	Sun 4/20	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
w07								
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M w09								
w10	Cues/Questions					Notes		
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						Summary		

2025

w16

Week 17: Apr 21 - Apr 27, 2025

w18

2025

w17

Week 18: Apr 28 - May 4, 2025

w19

	Mon 4/28	Tue 4/29	Wed 4/30	Thu 5/1	Fri 5/2	Sat 5/3	Sun 5/4	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

May 2025

Monthly Review

What Worked

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

	Mon 5/5	Tue 5/6	Wed 5/7	Thu 5/8	Fri 5/9	Sat 5/10	Sun 5/11	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w19

Week 20: May 12 - May 18, 2025

w21

	Mon 5/12	Tue 5/13	Wed 5/14	Thu 5/15	Fri 5/16	Sat 5/17	Sun 5/18	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w20

Week 21: May 19 - May 25, 2025

w22

	Mon 5/19	Tue 5/20	Wed 5/21	Thu 5/22	Fri 5/23	Sat 5/24	Sun 5/25	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w21

Week 22: May 26 - Jun 1, 2025

w23

June 2025

Monthly Review

What Worked

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

	Mon 6/2	Tue 6/3	Wed 6/4	Thu 6/5	Fri 6/6	Sat 6/7	Sun 6/8	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w23

Week 24: Jun 9 - Jun 15, 2025

w25

2025

w24

Week 25: Jun 16 - Jun 22, 2025

w26

	Mon 6/16	Tue 6/17	Wed 6/18	Thu 6/19	Fri 6/20	Sat 6/21	Sun 6/22	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w25

Week 26: Jun 23 - Jun 29, 2025

w27

	Mon 6/23	Tue 6/24	Wed 6/25	Thu 6/26	Fri 6/27	Sat 6/28	Sun 6/29	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

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	Mon 6/30	Tue 7/1	Wed 7/2	Thu 7/3	Fri 7/4	Sat 7/5	Sun 7/6	
w02	AM							
w03								
w04	PM							
F w05								
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

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

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

	Mon 7/14	Tue 7/15	Wed 7/16	Thu 7/17	Fri 7/18	Sat 7/19	Sun 7/20	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w29

Week 30: Jul 21 - Jul 27, 2025

w31

	Mon 7/21	Tue 7/22	Wed 7/23	Thu 7/24	Fri 7/25	Sat 7/26	Sun 7/27	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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D w49								
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w53								
						Summary		

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							
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M w09								
w10	Cues/Questions				Notes			
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D w49								
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w53								
					Summary			

August 2025

Monthly Review

What Worked

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

	Mon 8/4	Tue 8/5	Wed 8/6	Thu 8/7	Fri 8/8	Sat 8/9	Sun 8/10	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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D w49								
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w53								
						Summary		

2025

w32

Week 33: Aug 11 - Aug 17, 2025

w34

	Mon 8/11	Tue 8/12	Wed 8/13	Thu 8/14	Fri 8/15	Sat 8/16	Sun 8/17	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w33

Week 34: Aug 18 - Aug 24, 2025

w35

	Mon 8/18	Tue 8/19	Wed 8/20	Thu 8/21	Fri 8/22	Sat 8/23	Sun 8/24	
J w01								Year
w02	AM Cassie's Birthday							Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

2025

w34

Week 35: Aug 25 - Aug 31, 2025

w36

	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							
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w10	Cues/Questions					Notes		
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						Summary		

September 2025

Monthly Review

What Worked

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	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

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	EVE							Grids
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w10	Cues/Questions					Notes		
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						Summary		

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	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions				Notes			
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					Summary			

2025

w38

Week 39: Sep 22 - Sep 28, 2025

w40

	Mon 9/22	Tue 9/23	Wed 9/24	Thu 9/25	Fri 9/26	Sat 9/27	Sun 9/28	
J w01	AM	Moved to 455 Anniversary			Mom's Birthday			Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05	EVE							Grids
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w10	Cues/Questions				Notes			
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					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	AM							
w02								
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						Summary		

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

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

Year

Events

Highlights

Multi Grids

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	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
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						Summary		

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	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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						Summary		

2025

w43

Week 44: Oct 27 - Nov 2, 2025

w45

	Mon 10/27	Tue 10/28	Wed 10/29	Thu 10/30	Fri 10/31	Sat 11/1	Sun 11/2	
J w01	AM							
w02								
w03								
w04	PM							
F w05								
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Summary								

Year

Events

Highlights

Multi

Grids

November 2025

Monthly Review

What Worked

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
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2025

w45

Week 46: Nov 10 - Nov 16, 2025

w47

	Mon 11/10	Tue 11/11	Wed 11/12	Thu 11/13	Fri 11/14	Sat 11/15	Sun 11/16	
J w01	AM	Kate's Birthday						Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
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w10	Cues/Questions				Notes			
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					Summary			

2025

w46

Week 47: Nov 17 - Nov 23, 2025

w48

	Mon 11/17	Tue 11/18	Wed 11/19	Thu 11/20	Fri 11/21	Sat 11/22	Sun 11/23	
J w01	Mon 11/17	Tue 11/18	Wed 11/19	Thu 11/20	Fri 11/21	Sat 11/22	Sun 11/23	Year
w02	AM							Events
w03								Highlights
w04	PM							Multi
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					Summary			

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		Neil's Birthday					Events
w03								Highlights
w04	PM							Multi
F w05								Grids
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					Summary			

December 2025

Monthly Review

What Worked

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

	Mon 12/1	Tue 12/2	Wed 12/3	Thu 12/4	Fri 12/5	Sat 12/6	Sun 12/7	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
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						Summary		

2025

w49

Week 50: Dec 8 - Dec 14, 2025

w51

2025

w50

Week 51: Dec 15 - Dec 21, 2025

w52

	Mon 12/15	Tue 12/16	Wed 12/17	Thu 12/18	Fri 12/19	Sat 12/20	Sun 12/21	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
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						Summary		

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	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05								Grids
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						Summary		

2025

w52

Week 53: Dec 29 - Jan 4, 2026

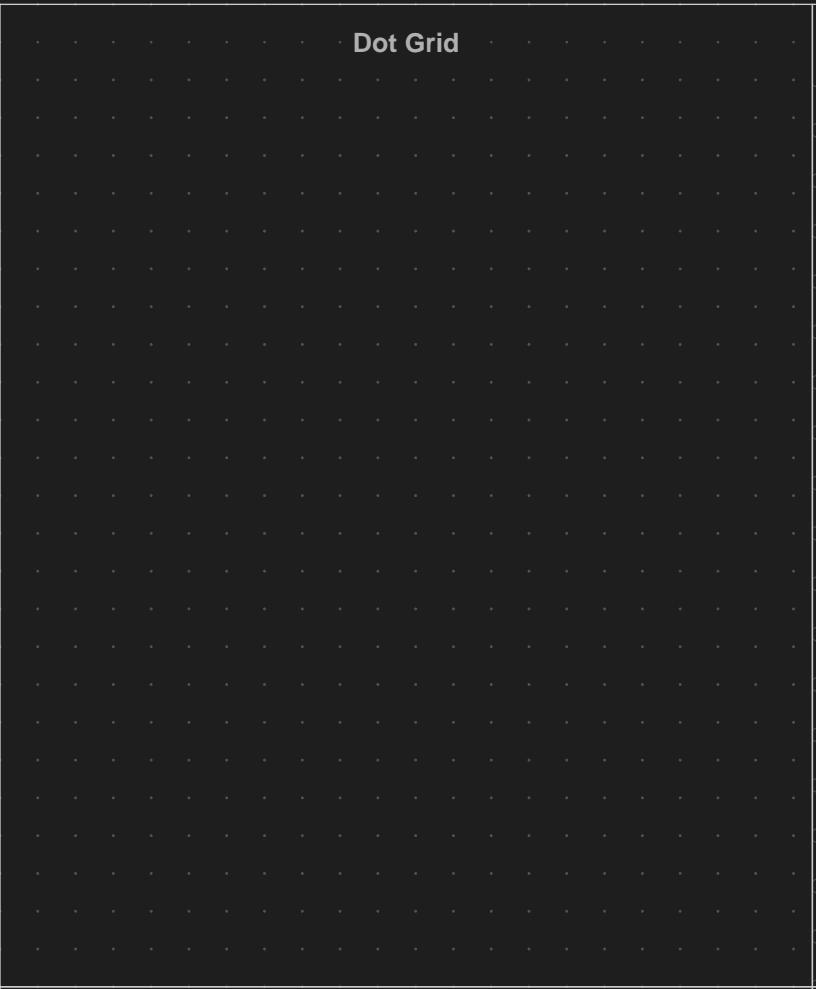
Year Events Highlights Multi Grids

	Mon 12/29	Tue 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3	Sun 1/4	
J w01	AM							
w02								
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					Summary			

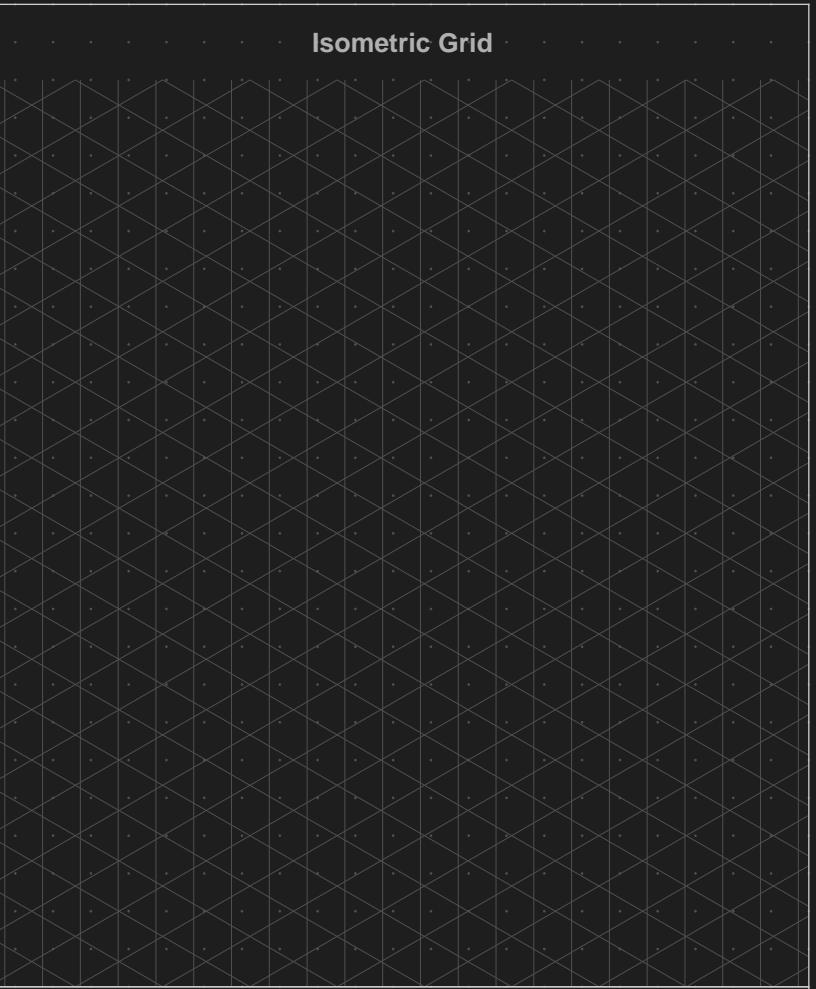
Grid Types

Visual Reference & Templates

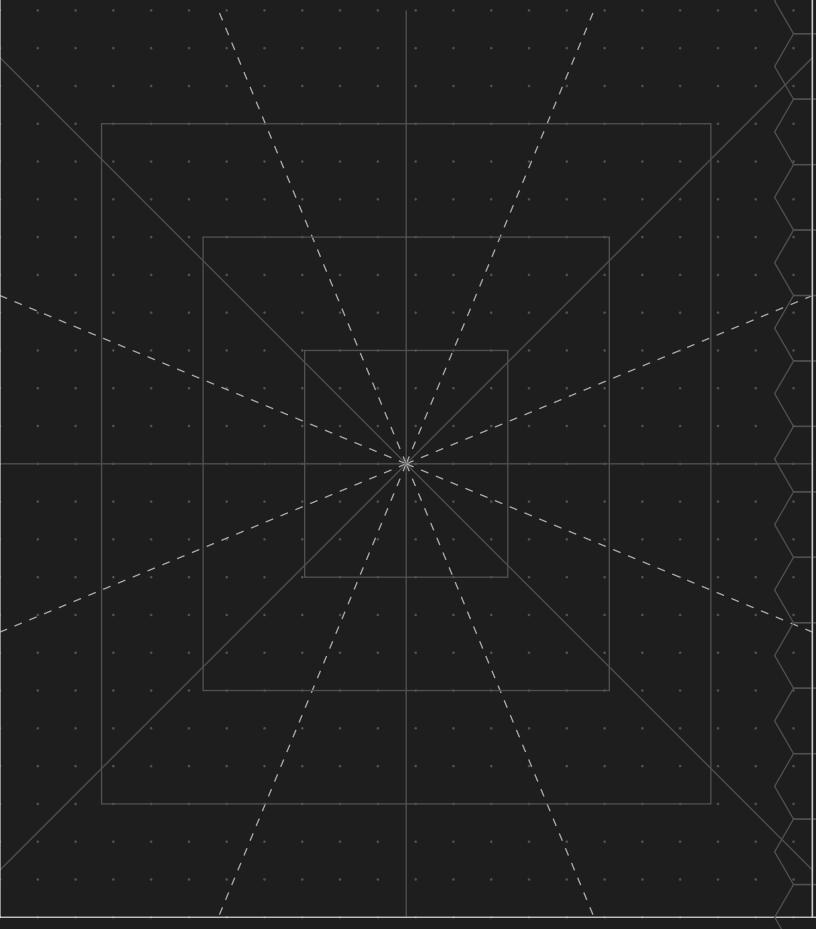
Dot Grid



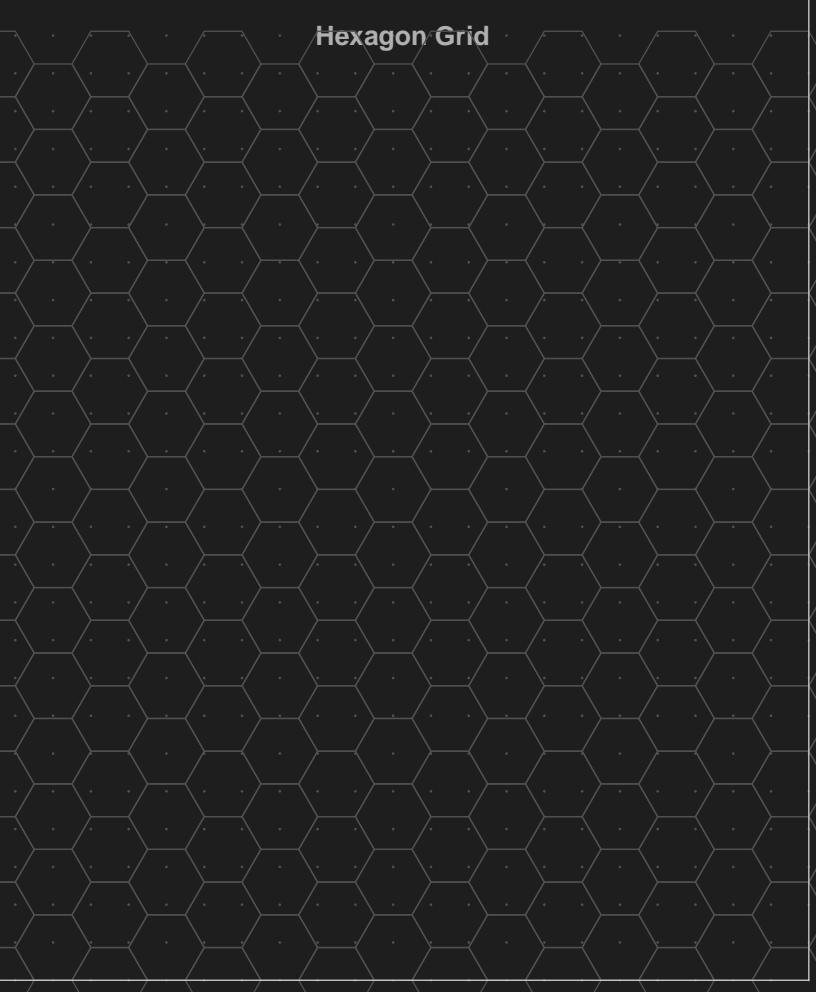
Isometric Grid



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

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J w27

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S w36

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w38

w39

O w40

Graph Grid

5mm square grid for precise drawings

Tap to view full page

w41

w42

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N w44

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D w49

w50

w51

w52

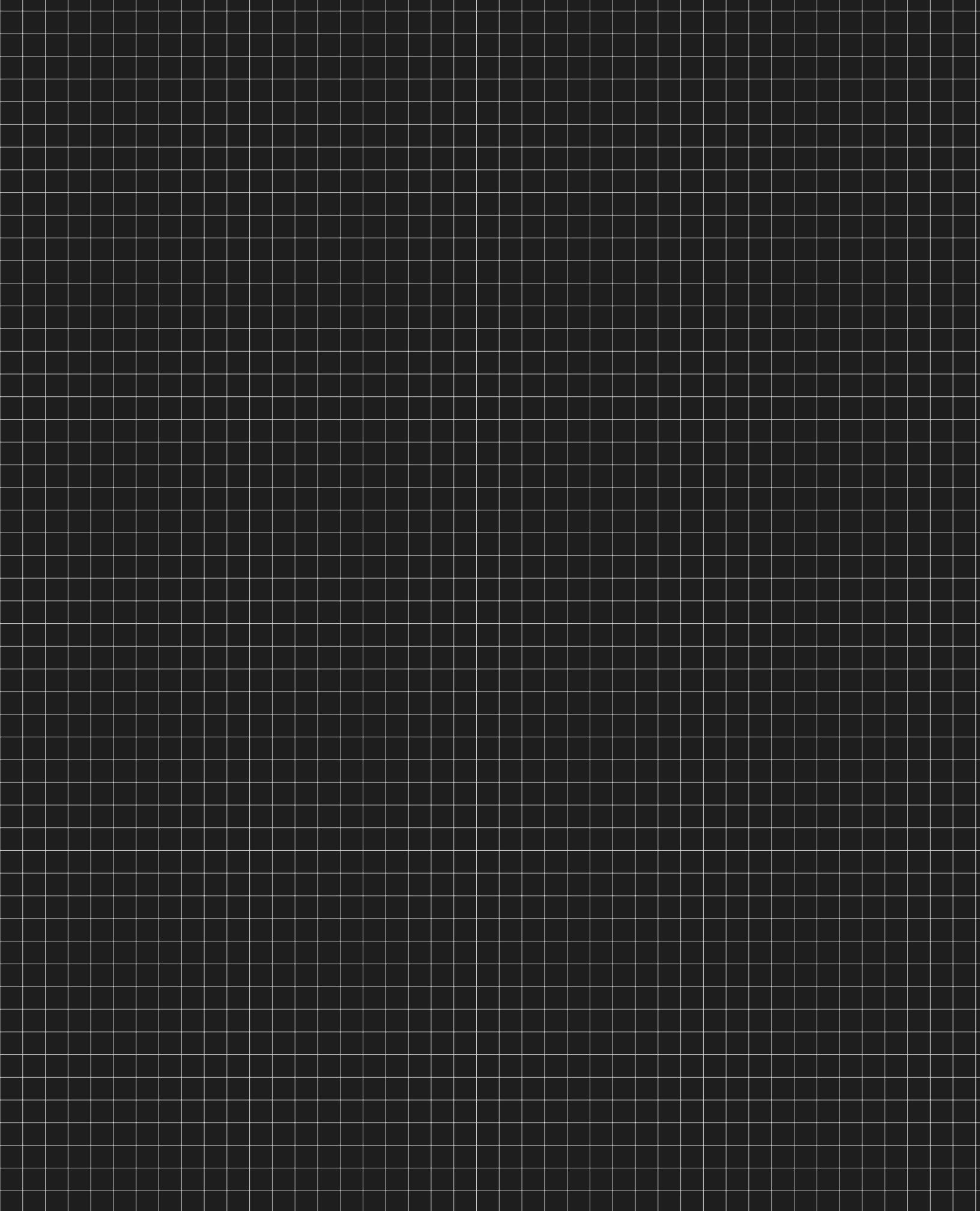
w53

Ruled Lines

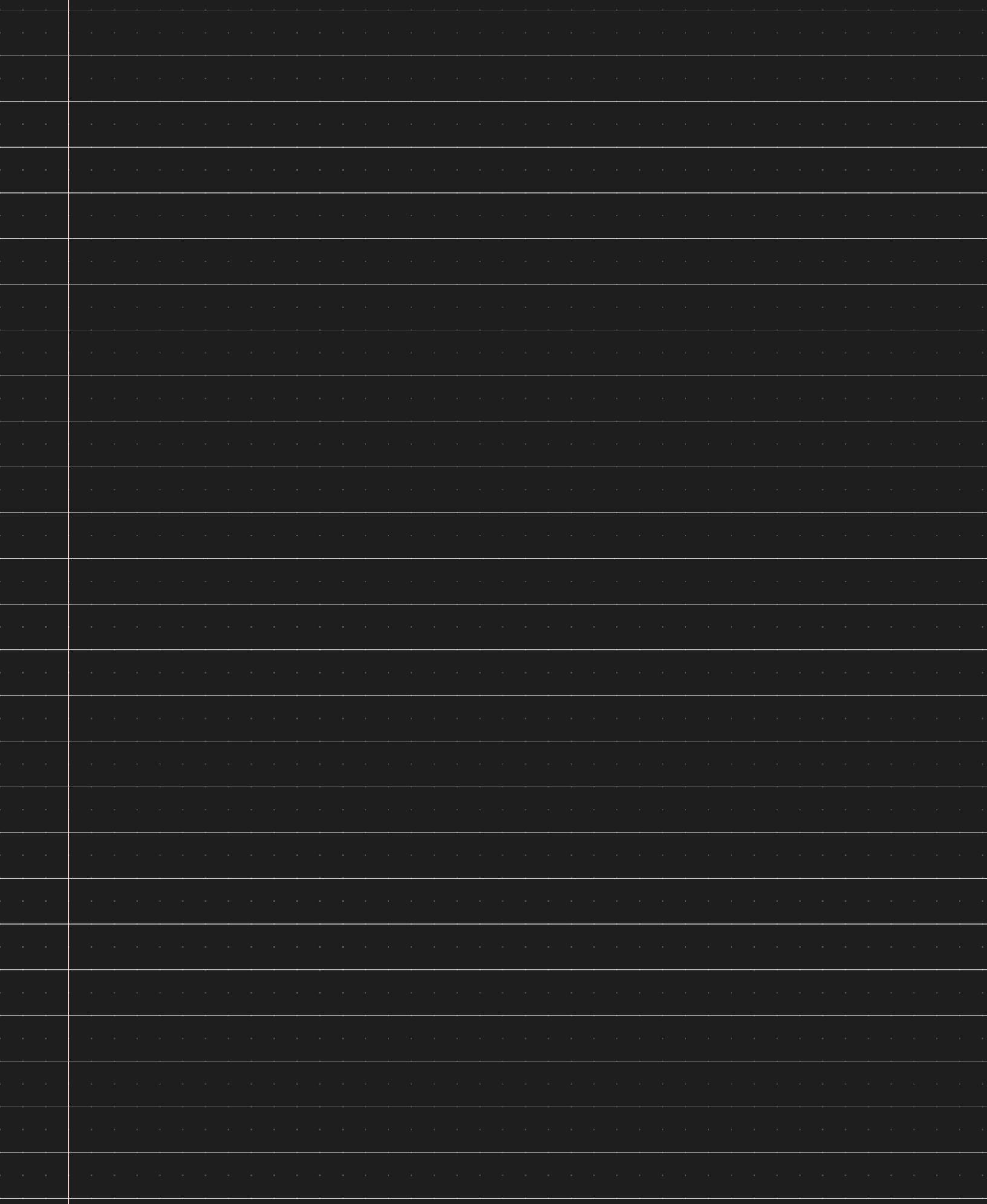
Standard ruled lines for writing

Tap to view full page

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.

