

Year 2026

Year 2026												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			1	2	3	4	5	
w03					8	9	10	11	6	7	8	9	10	11	12	
w04		5	6	7	8	9	10	11	13	14	15	16	17	18	19	
F	w05	12	13	14	15	16	17	18	20	21	22	23	24	25	26	
w06		19	20	21	22	23	24	25	27	28	29	30	31			
w07		26	27	28	29	30	31									
w08																
M	w09															
w10		February					August									
w11		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w12								1						1	2	
w13		2	3	4	5	6	7	8	3	4	5	6	7	8	9	
A	w14	9	10	11	12	13	14	15	10	11	12	13	14	15	16	
w15		16	17	18	19	20	21	22	17	18	19	20	21	22	23	
w16		23	24	25	26	27	28		24	25	26	27	28	29	30	
w17								31								
M	w18															
w19		Spring		March					Fall		September					
w20		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w21								1						5	6	
w22		2	3	4	5	6	7	8	7	8	9	10	11	12	13	
J	w23	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
w24		16	17	18	19	20	21	22	21	22	23	24	25	26	27	
w25		23	24	25	26	27	28	29	28	29	30					
w26		30	31													
J	w27															
w28		April					October									
w29		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w30				1	2	3	4	5					1	2	3	
A	w31	6	7	8	9	10	11	12	5	6	7	8	9	10	11	
w32		13	14	15	16	17	18	19	12	13	14	15	16	17	18	
w33		20	21	22	23	24	25	26	19	20	21	22	23	24	25	
w34		27	28	29	30				26	27	28	29	30	31		
w35																
S	w36															
w37		May					November									
w38		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w39						1	2	3							1	
O	w40	4	5	6	7	8	9	10	2	3	4	5	6	7	8	
w41		11	12	13	14	15	16	17	9	10	11	12	13	14	15	
w42		18	19	20	21	22	23	24	16	17	18	19	20	21	22	
w43		25	26	27	28	29	30	31	23	24	25	26	27	28	29	
N	w44								30							
w45																
w46		June					Winter					December				
w47		M	T	W	T	F	S	S	M	T	W	T	F	S	S	
w48		1	2	3	4	5	6	7			1	2	3	4	5	
D	w49	8	9	10	11	12	13	14	7	8	9	10	11	12	13	
w50		15	16	17	18	19	20	21	14	15	16	17	18	19	20	
w51		22	23	24	25	26	27	28	21	22	23	24	25	26	27	
w52		29	30						28	29	30	31				
w53																

Events
Highlights
Multi
Grids

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Future Log: January - March 2026

JANUARY

FEBRUARY

MARCH

Future Log: April - June 2026

APRIL

MAY

JUNE

Year 2026 - Events

Year 2026 - Events												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
J w01												
w02	1 Thu	* Sun	1 Sun	1 Wed	1 Fri	1 Mon	1 Wed	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue
w03	2 Fri	2 Mon	2 Mon	2 Thu	2 Sat	2 Tue	2 Thu	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed
w04												
F w05	3 Sat	3 Tue	3 Tue	3 Fri	3 Sun	3 Wed	3 Fri	* 3 Mon	3 Thu	3 Sat	3 Tue	3 Thu
w06	4 Sun	4 Wed	4 Wed	4 Sat	4 Mon	4 Thu	4 Sat	* 4 Tue	4 Fri	4 Sun	4 Wed	4 Fri
w07												
w08	5 Mon	5 Thu	5 Thu	5 Sun	5 Tue	5 Fri	5 Sun	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat
M w09	6 Tue	6 Fri	6 Fri	6 Mon	6 Wed	6 Sat	6 Mon	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun
w10												
w11	7 Wed	7 Sat	7 Sat	7 Tue	7 Thu	7 Sun	7 Tue	7 Fri	7 Mon	* 7 Wed	7 Sat	7 Mon
w12	8 Thu	8 Sun	8 Sun	8 Wed	8 Fri	8 Mon	8 Wed	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue
w13												
A w14	9 Fri	9 Mon	9 Mon	9 Thu	9 Sat	9 Tue	9 Thu	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed
w15	10 Sat	10 Tue	10 Tue	10 Fri	10 Sun	10 Wed	10 Fri	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu
w16												
w17	11 Sun	11 Wed	11 Wed	11 Sat	11 Mon	11 Thu	11 Sat	11 Tue	11 Fri	11 Sun	11 Wed	* 11 Fri
M w18	12 Mon	12 Thu	12 Thu	12 Sun	12 Tue	12 Fri	12 Sun	12 Wed	12 Sat	12 Mon	* 12 Thu	12 Sat
w19												
w20	13 Tue	13 Fri	13 Fri	13 Mon	13 Wed	13 Sat	13 Mon	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun
w21	14 Wed	14 Sat	14 Sat	14 Tue	14 Thu	14 Sun	14 Tue	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon
w22												
J w23	15 Thu	15 Sun	15 Sun	15 Wed	15 Fri	15 Mon	15 Wed	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue
w24	16 Fri	16 Mon	* 16 Mon	16 Thu	16 Sat	16 Tue	16 Thu	16 Sun	16 Wed	16 Fri	16 Mon	16 Wed
w25												
w26	17 Sat	17 Tue	17 Tue	17 Fri	17 Sun	17 Wed	17 Fri	17 Mon	17 Thu	17 Sat	17 Tue	17 Thu
J w27	18 Sun	18 Wed	18 Wed	18 Sat	18 Mon	18 Thu	18 Sat	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri
w28												
w29	19 Mon	* 19 Thu	19 Thu	19 Sun	19 Tue	19 Fri	* 19 Sun	19 Wed	19 Sat	19 Mon	19 Thu	19 Sat
w30	20 Tue	20 Fri	20 Fri	20 Mon	20 Wed	20 Sat	20 Mon	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun
A w31												
w32	21 Wed	21 Sat	21 Sat	21 Tue	21 Thu	21 Sun	21 Tue	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon
w33	22 Thu	22 Sun	22 Sun	22 Wed	22 Fri	22 Mon	22 Wed	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue
w34												
w35	23 Fri	23 Mon	23 Mon	23 Thu	23 Sat	23 Tue	23 Thu	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed
S w36	24 Sat	24 Tue	24 Tue	24 Fri	24 Sun	24 Wed	24 Fri	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu
w37												
w38	25 Sun	25 Wed	25 Wed	25 Sat	25 Mon	* 25 Thu	25 Sat	25 Tue	25 Fri	25 Sun	25 Wed	* 25 Fri
w39	26 Mon	26 Thu	26 Thu	26 Sun	26 Tue	26 Fri	26 Sun	26 Wed	26 Sat	26 Mon	26 Thu	* 26 Sat
O w40												
w41	27 Tue	27 Fri	27 Fri	27 Mon	27 Wed	27 Sat	27 Mon	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun
w42	28 Wed	28 Sat	28 Sat	28 Tue	28 Thu	28 Sun	28 Tue	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon
w43												
N w44	29 Thu		29 Sun	29 Wed	29 Fri	29 Mon	29 Wed	29 Sat	29 Tue	29 Thu	29 Sun	29 Tue
w45	30 Fri		30 Mon	30 Thu	30 Sat	30 Tue	30 Thu	30 Sun	30 Wed	30 Fri	30 Mon	30 Wed
w46												
w47	31 Sat		31 Tue		31 Sun		31 Fri	31 Mon		31 Sat		31 Thu
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 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
w50												
w51												
w52												
w53												

Year

Event

Highlights

Multi

Grids

Year 2026 - Highlights

Year 2026 - Highlights												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
w01	1 Thu	* Sun	1 Sun	1 Wed	1 Fri	1 Mon	1 Wed	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue
w02	2 Fri	2 Mon	2 Mon	2 Thu	2 Sat	2 Tue	2 Thu	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed
w03	3 Sat	3 Tue	3 Tue	3 Fri	3 Sun	3 Wed	3 Fri	* 3 Mon	3 Thu	3 Sat	3 Tue	3 Thu
w04	4 Sun	4 Wed	4 Wed	4 Sat	4 Mon	4 Thu	4 Sat	* 4 Tue	4 Fri	4 Sun	4 Wed	4 Fri
w05	5 Mon	5 Thu	5 Thu	5 Sun	5 Tue	5 Fri	5 Sun	5 Wed	5 Sat	5 Mon	5 Thu	5 Sat
M w09	6 Tue	6 Fri	6 Fri	6 Mon	6 Wed	6 Sat	6 Mon	6 Thu	6 Sun	6 Tue	6 Fri	6 Sun
w10	7 Wed	7 Sat	7 Sat	7 Tue	7 Thu	7 Sun	7 Tue	7 Fri	7 Mon	* 7 Wed	7 Sat	7 Mon
w11	8 Thu	8 Sun	8 Sun	8 Wed	8 Fri	8 Mon	8 Wed	8 Sat	8 Tue	8 Thu	8 Sun	8 Tue
w12	9 Fri	9 Mon	9 Mon	9 Thu	9 Sat	9 Tue	9 Thu	9 Sun	9 Wed	9 Fri	9 Mon	9 Wed
A w14	10 Sat	10 Tue	10 Tue	10 Fri	10 Sun	10 Wed	10 Fri	10 Mon	10 Thu	10 Sat	10 Tue	10 Thu
w15	11 Sun	11 Wed	11 Wed	11 Sat	11 Mon	11 Thu	11 Sat	11 Tue	11 Fri	11 Sun	11 Wed	* 11 Fri
M w18	12 Mon	12 Thu	12 Thu	12 Sun	12 Tue	12 Fri	12 Sun	12 Wed	12 Sat	12 Mon	* 12 Thu	12 Sat
w19	13 Tue	13 Fri	13 Fri	13 Mon	13 Wed	13 Sat	13 Mon	13 Thu	13 Sun	13 Tue	13 Fri	13 Sun
w20	14 Wed	14 Sat	14 Sat	14 Tue	14 Thu	14 Sun	14 Tue	14 Fri	14 Mon	14 Wed	14 Sat	14 Mon
w21	15 Thu	15 Sun	15 Sun	15 Wed	15 Fri	15 Mon	15 Wed	15 Sat	15 Tue	15 Thu	15 Sun	15 Tue
J w23	16 Fri	16 Mon	* 16 Mon	16 Thu	16 Sat	16 Tue	16 Thu	16 Sun	16 Wed	16 Fri	16 Mon	16 Wed
w24	17 Sat	17 Tue	17 Tue	17 Fri	17 Sun	17 Wed	17 Fri	17 Mon	17 Thu	17 Sat	17 Tue	17 Thu
J w27	18 Sun	18 Wed	18 Wed	18 Sat	18 Mon	18 Thu	18 Sat	18 Tue	18 Fri	18 Sun	18 Wed	18 Fri
w28	19 Mon	* 19 Thu	19 Thu	19 Sun	19 Tue	19 Fri	* 19 Sun	19 Wed	19 Sat	19 Mon	19 Thu	19 Sat
w29	20 Tue	20 Fri	20 Fri	20 Mon	20 Wed	20 Sat	20 Mon	20 Thu	20 Sun	20 Tue	20 Fri	20 Sun
A w31	21 Wed	21 Sat	21 Sat	21 Tue	21 Thu	21 Sun	21 Tue	21 Fri	21 Mon	21 Wed	21 Sat	21 Mon
w32	22 Thu	22 Sun	22 Sun	22 Wed	22 Fri	22 Mon	22 Wed	22 Sat	22 Tue	22 Thu	22 Sun	22 Tue
w33	23 Fri	23 Mon	23 Mon	23 Thu	23 Sat	23 Tue	23 Thu	23 Sun	23 Wed	23 Fri	23 Mon	23 Wed
S w36	24 Sat	24 Tue	24 Tue	24 Fri	24 Sun	24 Wed	24 Fri	24 Mon	24 Thu	24 Sat	24 Tue	24 Thu
w37	25 Sun	25 Wed	25 Wed	25 Sat	25 Mon	* 25 Thu	25 Sat	25 Tue	25 Fri	25 Sun	25 Wed	* 25 Fri
w38	26 Mon	26 Thu	26 Thu	26 Sun	26 Tue	26 Fri	26 Sun	26 Wed	26 Sat	26 Mon	26 Thu	* 26 Sat
O w40	27 Tue	27 Fri	27 Fri	27 Mon	27 Wed	27 Sat	27 Mon	27 Thu	27 Sun	27 Tue	27 Fri	27 Sun
w41	28 Wed	28 Sat	28 Sat	28 Tue	28 Thu	28 Sun	28 Tue	28 Fri	28 Mon	28 Wed	28 Sat	28 Mon
w42	29 Thu	29 Sun	29 Sun	29 Wed	29 Fri	29 Mon	29 Wed	29 Sat	29 Tue	29 Thu	29 Sun	29 Tue
N w44	30 Fri	30 Mon	30 Mon	30 Thu	30 Sat	30 Tue	30 Thu	30 Sun	30 Wed	30 Fri	30 Mon	30 Wed
w45	31 Sat		31 Tue		31 Sun		31 Fri	31 Mon		31 Sat		31 Thu
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 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
w50	+ Nov 24: Dad's Birthday	+ Nov 26: Neil's Birthday										
w51												
w52												
w53												

Year
Events
Highlight
Multi
Grids

2026**2027****2028****2029**

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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A w14

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M w18

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J w23

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J w27

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A w31

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S w36

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N w44

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w48

D w49

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w51

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w53

Week 1: Dec 29 - Jan 4, 2026

	Mon 12/29	Tue 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3	Sun 1/4	
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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w42								
w43								
N w44								
w45								
w46								
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D w49								
w50								
w51								
w52								
w53								
				Summary				

Q1 2026

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 2026

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

2026

w01

Week 2: Jan 5 - Jan 11, 2026

w03

2026

w02

Week 3: Jan 12 - Jan 18, 2026

w04

	Mon 1/12	Tue 1/13	Wed 1/14	Thu 1/15	Fri 1/16	Sat 1/17	Sun 1/18	
J w01	Mon 1/12	Tue 1/13	Wed 1/14	Thu 1/15	Fri 1/16	Sat 1/17	Sun 1/18	Year
w02	AM							Events
w03	PM							Highlights
w04	EVE							Multi
F w05								Grids
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w10	Cues/Questions				Notes			
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N w44								
w45					Summary			
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D w49								
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2026

w03

Week 4: Jan 19 - Jan 25, 2026

w05

2026

w04

Week 5: Jan 26 - Feb 1, 2026

w06

February 2026

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

2026

w05

Week 6: Feb 2 - Feb 8, 2026

w07

2026

w06

Week 7: Feb 9 - Feb 15, 2026

w08

	Mon 2/9	Tue 2/10	Wed 2/11	Thu 2/12	Fri 2/13	Sat 2/14	Sun 2/15	
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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						Summary		

2026

w07

Week 8: Feb 16 - Feb 22, 2026

w09

	Mon 2/16	Tue 2/17	Wed 2/18	Thu 2/19	Fri 2/20	Sat 2/21	Sun 2/22		
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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w12									
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w39									
O w40									
w41									
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w45	Summary								
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w52									
w53									

2026

w08

Week 9: Feb 23 - Mar 1, 2026

w10

March 2026

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

2026

w09

Week 10: Mar 2 - Mar 8, 2026

w11

2026

w10

Week 11: Mar 9 - Mar 15, 2026

w12

	Mon 3/9	Tue 3/10	Wed 3/11	Thu 3/12	Fri 3/13	Sat 3/14	Sun 3/15	
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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N w44								
w45	Summary							
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D w49								
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w51								
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2026

w11

Week 12: Mar 16 - Mar 22, 2026

w13

2026

w12

Week 13: Mar 23 - Mar 29, 2026

w14

	Mon 3/23	Tue 3/24	Wed 3/25	Thu 3/26	Fri 3/27	Sat 3/28	Sun 3/29	
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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A w31								
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S w36								
w37								
w38								
w39								
O w40								
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w43								
N w44								
w45	Summary							
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w47								
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D w49								
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w53								

2026

w13

Week 14: Mar 30 - Apr 5, 2026

w15

	Mon 3/30	Tue 3/31	Wed 4/1	Thu 4/2	Fri 4/3	Sat 4/4	Sun 4/5	
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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D w49								
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w53								
					Summary			

Q2 2026

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 2026

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

2026

w14

Week 15: Apr 6 - Apr 12, 2026

w16

2026

w15

Week 16: Apr 13 - Apr 19, 2026

w17

2026

w16

Week 17: Apr 20 - Apr 26, 2026

w18

	Mon 4/20	Tue 4/21	Wed 4/22	Thu 4/23	Fri 4/24	Sat 4/25	Sun 4/26	
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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N w44								
w45	Summary							
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w48								
D w49								
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2026

w17

Week 18: Apr 27 - May 3, 2026

w19

	Mon 4/27	Tue 4/28	Wed 4/29	Thu 4/30	Fri 5/1	Sat 5/2	Sun 5/3	
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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w45	Summary							
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May 2026

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

2026

w18

Week 19: May 4 - May 10, 2026

w20

2026

w19

Week 20: May 11 - May 17, 2026

w21

	Mon 5/11	Tue 5/12	Wed 5/13	Thu 5/14	Fri 5/15	Sat 5/16	Sun 5/17	
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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						Summary		

2026

w20

Week 21: May 18 - May 24, 2026

w22

2026

w21

Week 22: May 25 - May 31, 2026

w23

	Mon 5/25	Tue 5/26	Wed 5/27	Thu 5/28	Fri 5/29	Sat 5/30	Sun 5/31	
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		

June 2026

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

2026

w22

Week 23: Jun 1 - Jun 7, 2026

w24

	Mon 6/1	Tue 6/2	Wed 6/3	Thu 6/4	Fri 6/5	Sat 6/6	Sun 6/7	
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		

2026

w23

Week 24: Jun 8 - Jun 14, 2026

w25

2026

w24

Week 25: Jun 15 - Jun 21, 2026

w26

2026

w25

Week 26: Jun 22 - Jun 28, 2026

w27

	Mon 6/22	Tue 6/23	Wed 6/24	Thu 6/25	Fri 6/26	Sat 6/27	Sun 6/28	
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		

2026

w26

Week 27: Jun 29 - Jul 5, 2026

w28

Q3 2026

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 2026

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

2026

w27

Week 28: Jul 6 - Jul 12, 2026

w29

2026

w28

Week 29: Jul 13 - Jul 19, 2026

w30

	Mon 7/13	Tue 7/14	Wed 7/15	Thu 7/16	Fri 7/17	Sat 7/18	Sun 7/19	
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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						Summary		

2026

w29

Week 30: Jul 20 - Jul 26, 2026

w31

	Mon 7/20	Tue 7/21	Wed 7/22	Thu 7/23	Fri 7/24	Sat 7/25	Sun 7/26	
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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D w49								
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						Summary		

2026

w30

Week 31: Jul 27 - Aug 2, 2026

w32

	Mon 7/27	Tue 7/28	Wed 7/29	Thu 7/30	Fri 7/31	Sat 8/1	Sun 8/2	
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		

August 2026

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

2026

w31

Week 32: Aug 3 - Aug 9, 2026

w33

	Mon 8/3	Tue 8/4	Wed 8/5	Thu 8/6	Fri 8/7	Sat 8/8	Sun 8/9	
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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						Summary		

2026

w32

Week 33: Aug 10 - Aug 16, 2026

w34

Week 34: Aug 17 - Aug 23, 2026

Week 35: Aug 24 - Aug 30, 2026

Week 36: Aug 31 - Sep 6, 2026

September 2026

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

2026

w36

Week 37: Sep 7 - Sep 13, 2026

w38

	Mon 9/7	Tue 9/8	Wed 9/9	Thu 9/10	Fri 9/11	Sat 9/12	Sun 9/13	
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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D w49								
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w53								
					Summary			

2026

w39

Week 40: Sep 28 - Oct 4, 2026

w41

	Mon 9/28	Tue 9/29	Wed 9/30	Thu 10/1	Fri 10/2	Sat 10/3	Sun 10/4	
J w01	Mon 9/28	Tue 9/29	Wed 9/30	Thu 10/1	Fri 10/2	Sat 10/3	Sun 10/4	Year
w02	AM							Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions					Notes		
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						Summary		

Q4 2026

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 2026

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

2026

w40

Week 41: Oct 5 - Oct 11, 2026

w42

2026

w41

Week 42: Oct 12 - Oct 18, 2026

w43

	Mon 10/12	Tue 10/13	Wed 10/14	Thu 10/15	Fri 10/16	Sat 10/17	Sun 10/18	
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		

2026

w42

Week 43: Oct 19 - Oct 25, 2026

w44

	Mon 10/19	Tue 10/20	Wed 10/21	Thu 10/22	Fri 10/23	Sat 10/24	Sun 10/25	
J w01	Mon 10/19	Tue 10/20	Wed 10/21	Thu 10/22	Fri 10/23	Sat 10/24	Sun 10/25	
w02	AM							
w03								
w04	PM							
F w05								
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								Summary

Year

Events

Highlights

Multi

Grids

2026

w43

Week 44: Oct 26 - Nov 1, 2026

w45

	Mon 10/26	Tue 10/27	Wed 10/28	Thu 10/29	Fri 10/30	Sat 10/31	Sun 11/1	
J w01	Mon 10/26	Tue 10/27	Wed 10/28	Thu 10/29	Fri 10/30	Sat 10/31	Sun 11/1	Year
w02	AM							Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions				Notes			
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					Summary			

November 2026

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

2026

w44

Week 45: Nov 2 - Nov 8, 2026

w46

	Mon 11/2	Tue 11/3	Wed 11/4	Thu 11/5	Fri 11/6	Sat 11/7	Sun 11/8	
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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2026

w45

Week 46: Nov 9 - Nov 15, 2026

w47

	Mon 11/9	Tue 11/10	Wed 11/11	Thu 11/12	Fri 11/13	Sat 11/14	Sun 11/15	
J w01	Mon 11/9	Tue 11/10	Wed 11/11	Thu 11/12	Fri 11/13	Sat 11/14	Sun 11/15	Year
w02	AM							Events
w03								Highlights
w04	PM							Multi
F w05								Grids
w06	EVE							
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w10	Cues/Questions				Notes			
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w53								
					Summary			

2026

w46

Week 47: Nov 16 - Nov 22, 2026

w48

	Mon 11/16	Tue 11/17	Wed 11/18	Thu 11/19	Fri 11/20	Sat 11/21	Sun 11/22	
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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w53								
						Summary		

2026

w47

Week 48: Nov 23 - Nov 29, 2026

w49

	Mon 11/23	Tue 11/24	Wed 11/25	Thu 11/26	Fri 11/27	Sat 11/28	Sun 11/29	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
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w53								
						Summary		

2026

w48

Week 49: Nov 30 - Dec 6, 2026

w50

December 2026

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

2026

w49

Week 50: Dec 7 - Dec 13, 2026

w51

	Mon 12/7	Tue 12/8	Wed 12/9	Thu 12/10	Fri 12/11	Sat 12/12	Sun 12/13	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05	EVE							Grids
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w53								
						Summary		

2026

w50

Week 51: Dec 14 - Dec 20, 2026

w52

	Mon 12/14	Tue 12/15	Wed 12/16	Thu 12/17	Fri 12/18	Sat 12/19	Sun 12/20	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
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						Summary		

2026

w51

Week 52: Dec 21 - Dec 27, 2026

w53

	Mon 12/21	Tue 12/22	Wed 12/23	Thu 12/24	Fri 12/25	Sat 12/26	Sun 12/27	
J w01	AM							Year
w02								Events
w03								Highlights
w04	PM							Multi
F w05	EVE							Grids
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						Summary		

2026

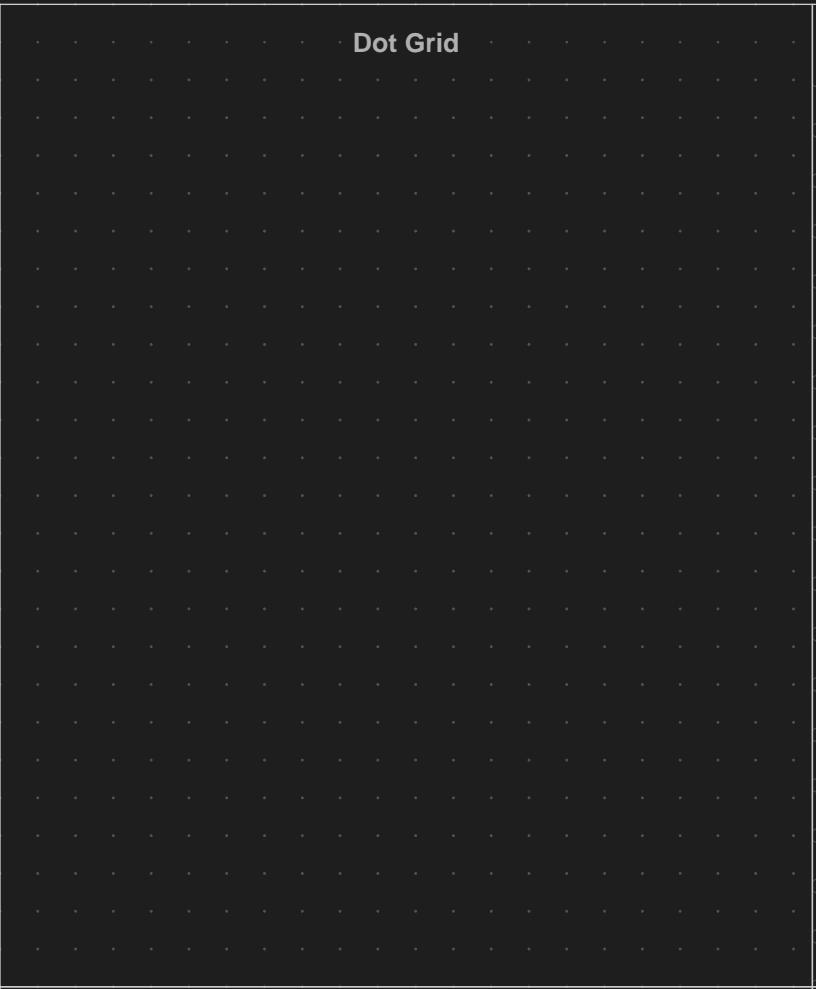
w52

Week 53: Dec 28 - Jan 3, 2027

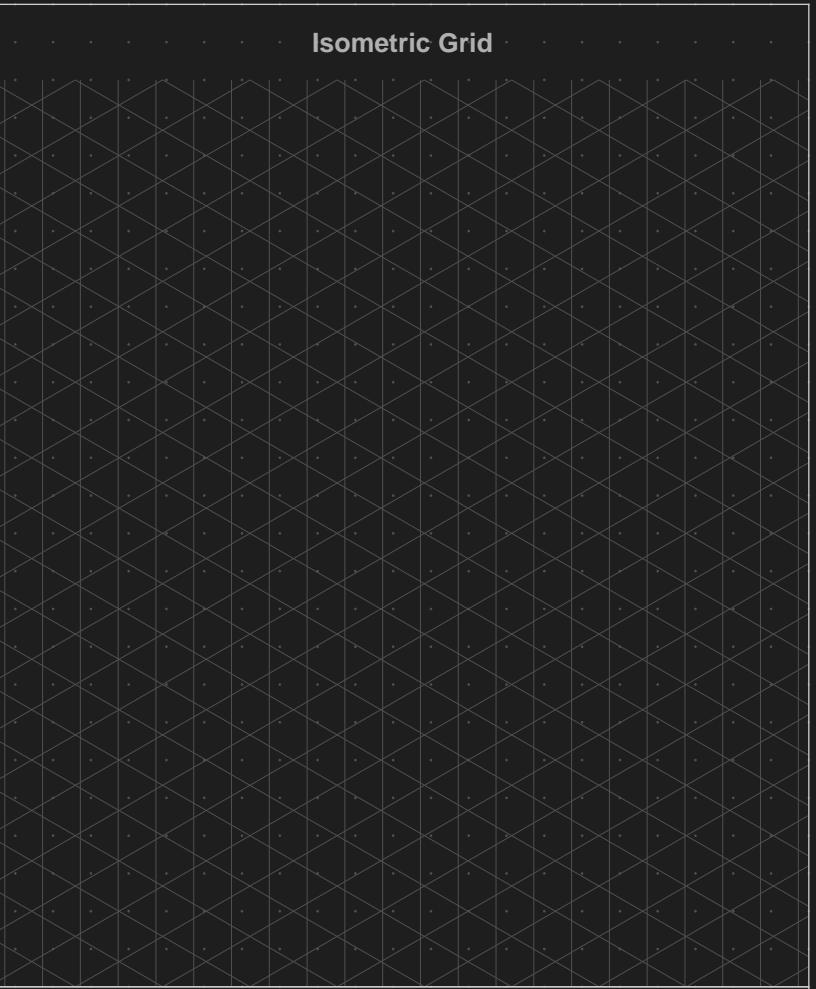
Grid Types

Visual Reference & Templates

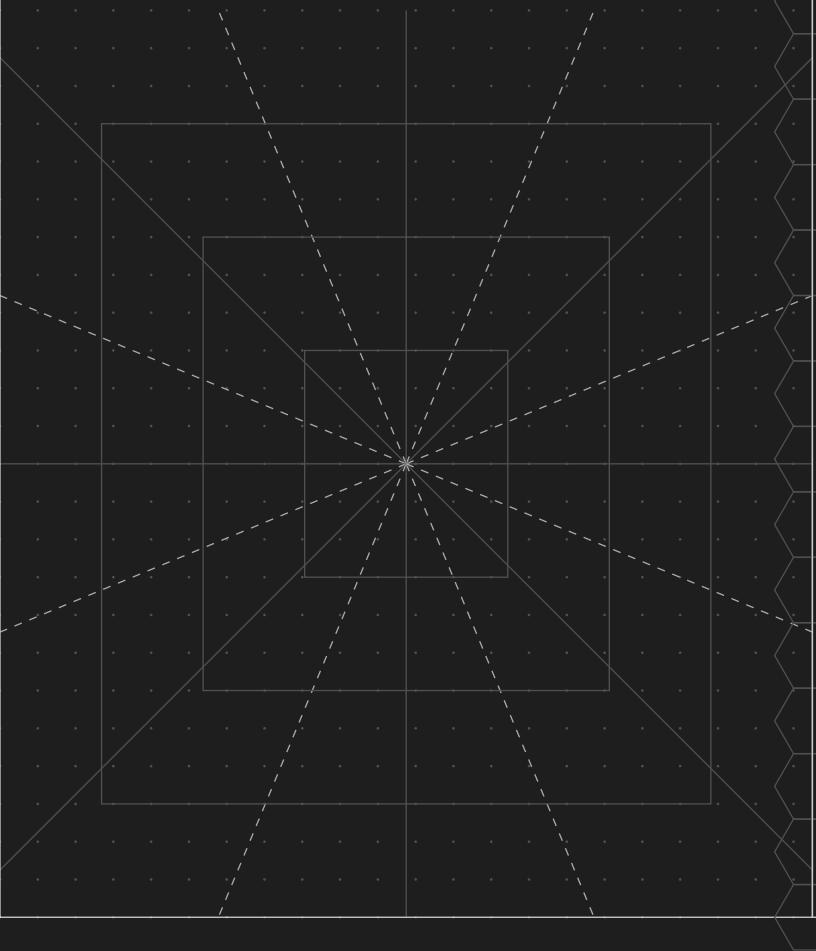
Dot Grid



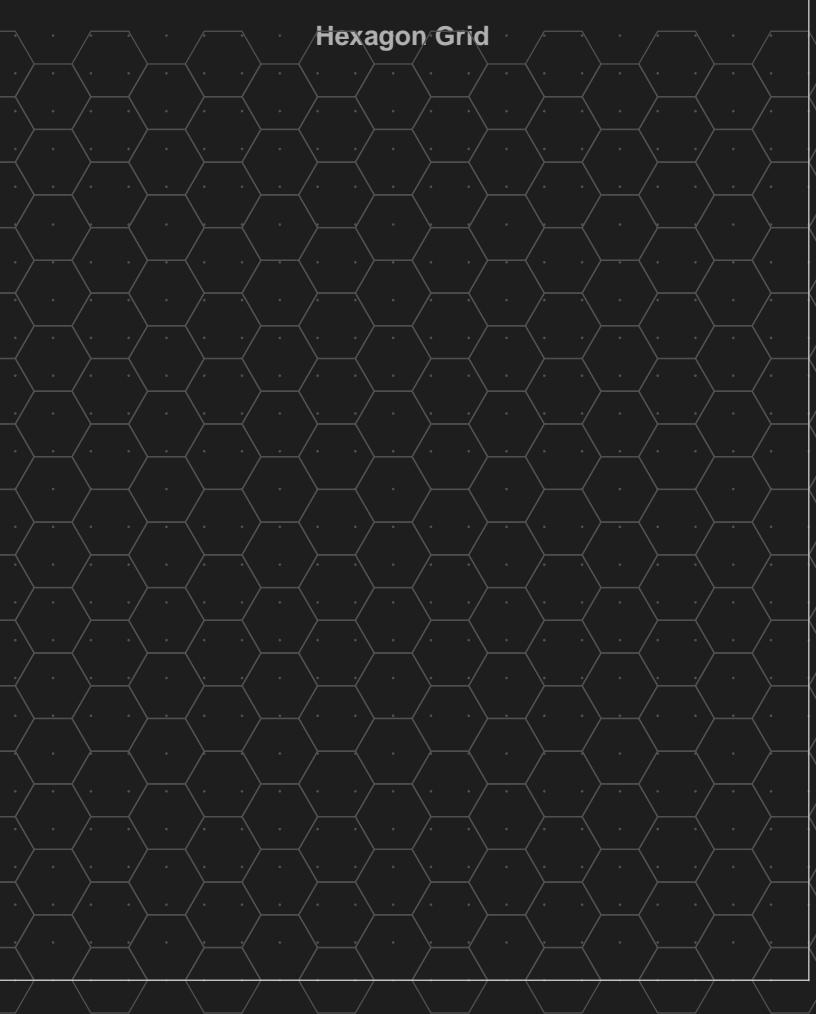
Isometric Grid



Perspective Grid



Hexagon Grid



Grid Reference

Year

Events

Highlights

Multi

Grids

Dot Grid

5mm dot spacing for flexible layouts

Tap to view full page

w01

w02

w03

w04

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

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O w40

w41

w42

w43

N w44

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w46

w47

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D w49

w50

w51

w52

w53

Graph Grid

5mm square grid for precise drawings

Tap to view full page

Ruled Lines

Standard ruled lines for writing

Tap to view full page

w41

w42

w43

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w45

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w47

w48

w49

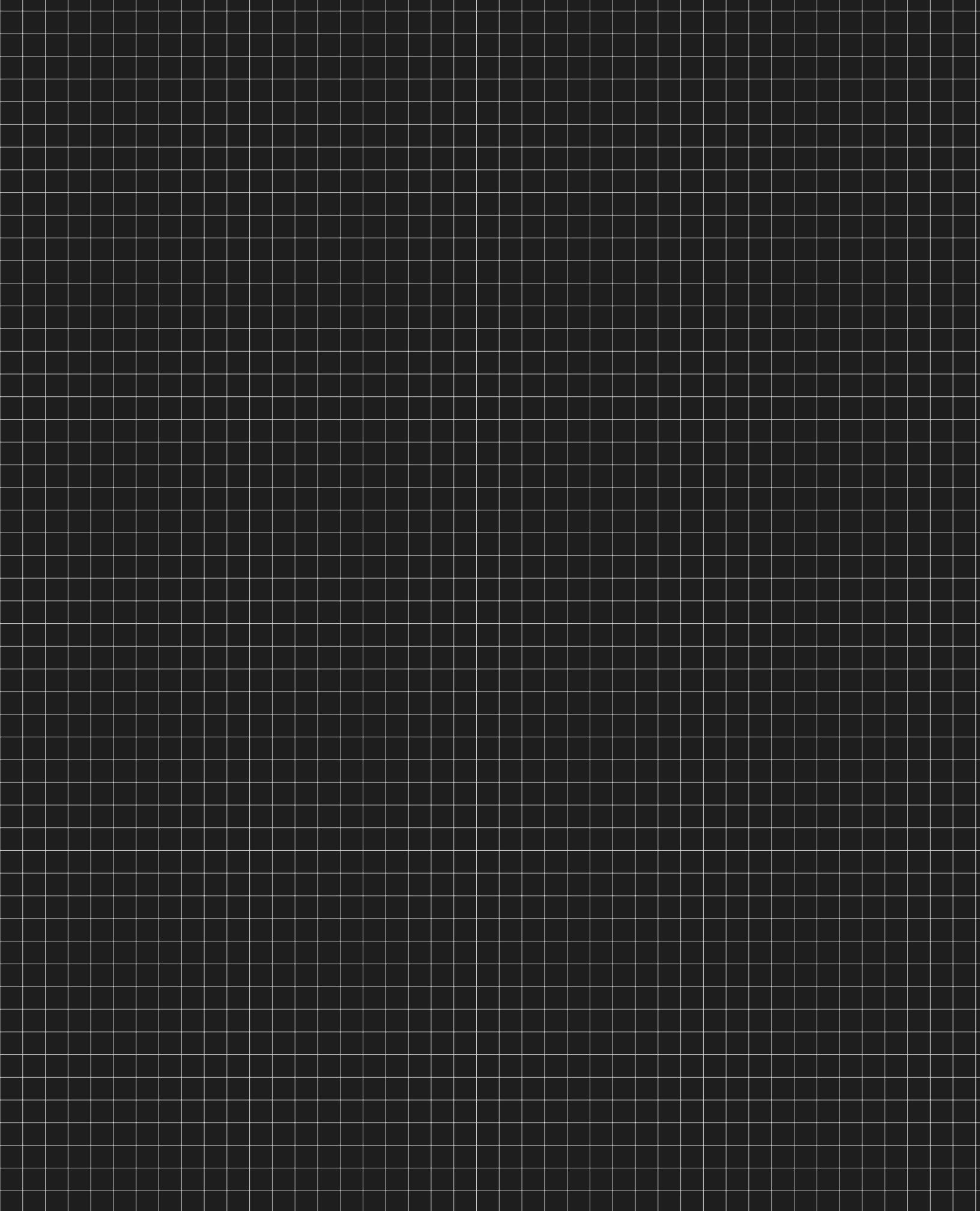
w50

w51

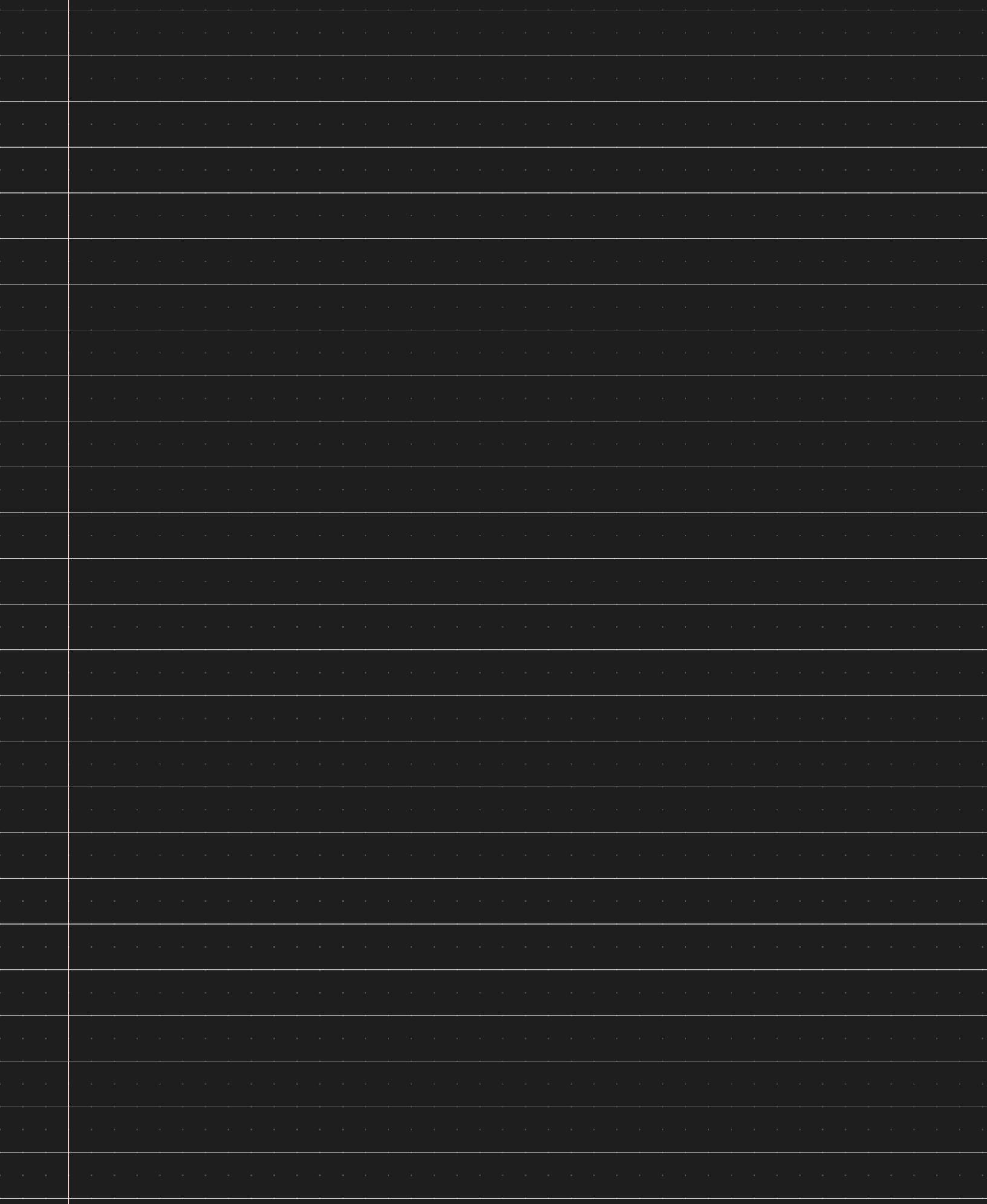
w52

w53

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.

