

# Year 2026

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## Future Log: January - March 2026

JANUARY

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FEBRUARY

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MARCH

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## Future Log: April - June 2026

**APRIL**

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**MAY**

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**JUNE**

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# Year 2026 - Events

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
J w01	1 Thu	* 1 Sun	1 Sun	1 Wed	1 Fri	1 Mon	1 Wed	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	Event
w02													Highlights
w03	2 Fri		2 Mon		2 Thy		2 Sat		2 Tue		2 Thu		2 Wed
w04													Multi
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	Grids
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	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	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													
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	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													
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

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 2026 - Highlights

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: Móm's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Árn's Birthday + Nov 11:  
+ Kate's Birthday + Nov 24: Dad's Birthday + Nov 26: Neil's Birthday

2026

2027

2028

2029

Year

Events

Highlights

Mult

Grids

J w01				
w02				
w03				
w04				
F w05				
w06				
w07				
w08				
M w09				
w10				
w11				
w12				
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A w14				
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M w18				
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J w23				
w24				
w25				
w26				
J w27				
w28				
w29				
w30				
A w31				
w32				
w33				
w34				
S w36				
w37				
w38				
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O w40				
w41				
w42				
N w44				
w45				
w46				
D w49				
w50				
w51				
w52				
w53				

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



# 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

*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

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

*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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
J	w01 2/2 AM	w02 2/3	w03 2/4	w04 2/5	w05 2/6	w06 2/7	w07 2/8	Year
F	w05 EVE	w07	w08	w09	w10 Cues/Questions	w11	w12	Events
A	w14	w15	w16	w17	w18	w19	w20	Highlights
M	w18	w19	w20	w21	w22	w23	w24	Multi
J	w23	w24	w25	w26	w27	w28	w29	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			

2026

w06

Week 7: Feb 9 - Feb 15, 2026

w08

2026

w07

Week 8: Feb 16 - Feb 22, 2026

w09

2026

w08

Week 9: Feb 23 - Mar 1, 2026

w10

# March 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

w09

Week 10: Mar 2 - Mar 8, 2026

w11

2026

w10

# Week 11: Mar 9 - Mar 15, 2026

w12

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
J	w01 3/9	w02 AM	w03	w04 PM	w05 EVE	w06	w07	w08
M	w09	w10 <b>Cues/Questions</b>	w11	w12	w13	w14	w15	w16
A	w17	w18	w19	w20	w21	w22	w23	w24
J	w25	w26	w27	w28	w29	w30	w31	w32
A	w33	w34	w35	w36	w37	w38	w39	w40
O	w41	w42	w43	w44	w45 <b>Summary</b>	w46	w47	w48
D	w49	w50	w51	w52	w53			

Year

Events

Highlights

Multi  
Grids

2026

w11

**Week 12: Mar 16 - Mar 22, 2026**

w13

	w12	Week 13: Mar 23 - Mar 29, 2026							w14
J w01	Mon 3/23	Tue 3/24	Wed 3/25	Thu 3/26	Fri 3/27	Sat 3/28	Sun 3/29	Year	
w02	AM								
w03	.	.	.	.	.	.	.		
w04	PM								
F w05									
w06	EVE								
w07	.	.	.	.	.	.	.		
w08									
M w09									
w10	Cues/Questions	Notes							
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13									
A w14									
w15									
w16									
w17									
M w18									
w19									
w20									
w21									
w22									
J 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									

2026

w13

Week 14: Mar 30 - Apr 5, 2026

w15

# 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

*'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

2026

w17

Week 18: Apr 27 - May 3, 2026

w19

# May 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

w18

**Week 19: May 4 - May 10, 2026**

w20

2026

w19

**Week 20: May 11 - May 17, 2026**

w21

	w20	Week 21: May 18 - May 24, 2026							w22
J w01	Mon 5/18	Tue 5/19	Wed 5/20	Thu 5/21	Fri 5/22	Sat 5/23	Sun 5/24	Year	
w02	AM								
w03	.	.	.	.	.	.	.		
w04	PM								
F w05									
w06	EVE								
w07	.	.	.	.	.	.	.		
w08									
M w09									
w10	Cues/Questions	Notes							
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13	.	.	.	.	.	.	.		
A w14	.	.	.	.	.	.	.		
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J w23	.	.	.	.	.	.	.		
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J w27	.	.	.	.	.	.	.		
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w30	.	.	.	.	.	.	.		
A w31	.	.	.	.	.	.	.		
w32	.	.	.	.	.	.	.		
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w35	.	.	.	.	.	.	.		
S w36	.	.	.	.	.	.	.		
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O w40	.	.	.	.	.	.	.		
w41	.	.	.	.	.	.	.		
w42	.	.	.	.	.	.	.		
w43	.	.	.	.	.	.	.		
N w44	.	.	.	.	.	.	.		
w45	Summary								
w46	.	.	.	.	.	.	.		
w47	.	.	.	.	.	.	.		
w48	.	.	.	.	.	.	.		
D w49	.	.	.	.	.	.	.		
w50	.	.	.	.	.	.	.		
w51	.	.	.	.	.	.	.		
w52	.	.	.	.	.	.	.		
w53	.	.	.	.	.	.	.		

2026

w21

**Week 22: May 25 - May 31, 2026**

w23

# June 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

w22

Week 23: Jun 1 - Jun 7, 2026

w24

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

2026

w26

# Week 27: Jun 29 - Jul 5, 2026

w28

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	
J	w01	6/29	6/30	7/1	7/2	7/3	7/4	7/5	
w02	AM								
w03	.	.	.	.	.	.	.		
w04	PM								
F	w05								
w06	EVE								
w07	.	.	.	.	.	.	.		
w08									
M	w09								
w10	<b>Cues/Questions</b>			<b>Notes</b>					
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13	.	.	.	.	.	.	.		
A	w14	.	.	.	.	.	.		
w15	.	.	.	.	.	.	.		
w16	.	.	.	.	.	.	.		
w17	.	.	.	.	.	.	.		
M	w18	.	.	.	.	.	.		
w19	.	.	.	.	.	.	.		
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w21	.	.	.	.	.	.	.		
w22	.	.	.	.	.	.	.		
J	w23	.	.	.	.	.	.		
w24	.	.	.	.	.	.	.		
w25	.	.	.	.	.	.	.		
w26	.	.	.	.	.	.	.		
J	w27	.	.	.	.	.	.		
w28	.	.	.	.	.	.	.		
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w30	.	.	.	.	.	.	.		
A	w31	.	.	.	.	.	.		
w32	.	.	.	.	.	.	.		
w33	.	.	.	.	.	.	.		
w34	.	.	.	.	.	.	.		
w35	.	.	.	.	.	.	.		
S	w36	.	.	.	.	.	.		
w37	.	.	.	.	.	.	.		
w38	.	.	.	.	.	.	.		
w39	.	.	.	.	.	.	.		
O	w40	.	.	.	.	.	.		
w41	.	.	.	.	.	.	.		
w42	.	.	.	.	.	.	.		
w43	.	.	.	.	.	.	.		
N	w44	.	.	.	.	.	.		
w45	<b>Summary</b>								
w46	.	.	.	.	.	.	.		
w47	.	.	.	.	.	.	.		
w48	.	.	.	.	.	.	.		
D	w49	.	.	.	.	.	.		
w50	.	.	.	.	.	.	.		
w51	.	.	.	.	.	.	.		
w52	.	.	.	.	.	.	.		
w53	.	.	.	.	.	.	.		

Year  
Events  
Highlights  
Multi  
Grids

# 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

*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							
w07	.	.	.	.	.	.	.	
w08								
M w09								
w10	Cues/Questions				Notes			
w11	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J w23	.	.	.	.				
w24	.	.	.	.				
w25	.	.	.	.				
w26	.	.	.	.				
J w27	.	.	.	.				
w28	.	.	.	.				
w29	.	.	.	.				
w30	.	.	.	.				
A w31	.	.	.	.				
w32	.	.	.	.				
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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	.	.	.	.				

2026

w29

Week 30: Jul 20 - Jul 26, 2026

w31

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							
w07	.	.	.	.	.	.	.	
w08								
M w09								
w10	Cues/Questions				Notes			
w11	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J 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	.	.	.	.				

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

2026

w32

**Week 33: Aug 10 - Aug 16, 2026**

w34

**Week 34: Aug 17 - Aug 23, 2026**

2026

w34

**Week 35: Aug 24 - Aug 30, 2026**

w36

2026

w35

# Week 36: Aug 31 - Sep 6, 2026

w37

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year							
J	w01 8/31	w02 AM	w03	w04 PM	w05	w06 EVE	w07	w08							
M	w09														
A	<b>Cues/Questions</b>														
J															
M	<b>Notes</b>														
A															
J															
S															
O															
N															
D	<b>Summary</b>														
	w45	w46	w47	w48	w49	w50	w51	w52							
	w53														

Events  
Highlights  
Multi  
Grids

# September 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

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	.	.	.	.	.	.	.	
w08								
M w09								
w10	Cues/Questions				Notes			
w11	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J 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								

2026

w37

# Week 38: Sep 14 - Sep 20, 2026

w39

	Mon 9/14	Tue 9/15	Wed 9/16	Thu 9/17	Fri 9/18	Sat 9/19	Sun 9/20	
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	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J 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	.	.	.	.				

2026

w38

# Week 39: Sep 21 - Sep 27, 2026

w40

	Mon 9/21	Tue 9/22	Wed 9/23	Thu 9/24	Fri 9/25	Sat 9/26	Sun 9/27	
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	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J 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	.	.	.	.				

Week 40: Sep 28 - Oct 4, 2026

# 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

*'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	Year
J w01	AM							Events
w02	.	.	.	.	.	.	.	Highlights
w03								Multi
w04	PM							Grids
F w05								
w06	EVE							
w07	.	.	.	.	.	.	.	
w08								
M w09	.	.	.	.	.	.	.	
w10	Cues/Questions				Notes			
w11	.	.	.	.				
w12	.	.	.	.				
w13	.	.	.	.				
A w14	.	.	.	.				
w15	.	.	.	.				
w16	.	.	.	.				
w17	.	.	.	.				
M w18	.	.	.	.				
w19	.	.	.	.				
w20	.	.	.	.				
w21	.	.	.	.				
w22	.	.	.	.				
J 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	.	.	.	.				

2026

w42

**Week 43: Oct 19 - Oct 25, 2026**

w44

Week 44: Oct 26 - Nov 1, 2026

# November 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

w44

Week 45: Nov 2 - Nov 8, 2026

w46

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	AM						Year	
w02	.	.	.	.	.	.	.	Events	
w03	.	.	.	.	.	.	.	Highlights	
w04	PM							Multi	
F	w05							Grids	
w06	EVE								
w07	.	.	.	.	.	.	.		
w08	.	.	.	.	.	.	.		
M	w09								
	<b>Cues/Questions</b>			<b>Notes</b>					
w10	.	.	.	.	.	.	.		
w11	.	.	.	.	.	.	.		
w12	.	.	.	.	.	.	.		
w13	.	.	.	.	.	.	.		
A	w14								
w15	.	.	.	.	.	.	.		
w16	.	.	.	.	.	.	.		
w17	.	.	.	.	.	.	.		
M	w18								
w19	.	.	.	.	.	.	.		
w20	.	.	.	.	.	.	.		
w21	.	.	.	.	.	.	.		
w22	.	.	.	.	.	.	.		
J	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	.	.	.	.	.	.	.		
w46									
w47	.	.	.	.	.	.	.		
w48	.	.	.	.	.	.	.		
D	w49								
w50	.	.	.	.	.	.	.		
w51	.	.	.	.	.	.	.		
w52	.	.	.	.	.	.	.		
w53	.	.	.	.	.	.	.		

Summary

**Week 47: Nov 16 - Nov 22, 2026**

2026

w47

**Week 48: Nov 23 - Nov 29, 2026**

w49

2026

w48

## Week 49: Nov 30 - Dec 6, 2026

w50

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year	
J	w01	11/30	12/1	12/2	12/3	12/4	12/5	12/6	Events
F	w02	AM							Highlights
w03		.	.	.	.	.	.		
w04		PM							Multi
w05									Grids
EVE									
w06									
w07		.	.	.	.	.	.		
w08									
M	w09								
	Cues/Questions			Notes					
w10	.	.	.	.	.	.	.	.	
w11	.	.	.	.	.	.	.	.	
w12	.	.	.	.	.	.	.	.	
w13	.	.	.	.	.	.	.	.	
A	w14	.	.	.	.	.	.	.	
w15	.	.	.	.	.	.	.	.	
w16	.	.	.	.	.	.	.	.	
w17	.	.	.	.	.	.	.	.	
M	w18	.	.	.	.	.	.	.	
w19	.	.	.	.	.	.	.	.	
w20	.	.	.	.	.	.	.	.	
w21	.	.	.	.	.	.	.	.	
w22	.	.	.	.	.	.	.	.	
J	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	.	.	.	.	.	.	.	
	w46	.	.	.	.	.	.	.	
	w47	.	.	.	.	.	.	.	
	w48	.	.	.	.	.	.	.	
D	w49	.	.	.	.	.	.	.	
	w50	.	.	.	.	.	.	.	
	w51	.	.	.	.	.	.	.	
	w52	.	.	.	.	.	.	.	
	w53	.	.	.	.	.	.	.	

Summary

# December 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

w50

**Week 51: Dec 14 - Dec 20, 2026**

w52

2026

w51

**Week 52: Dec 21 - Dec 27, 2026**

w53

2026

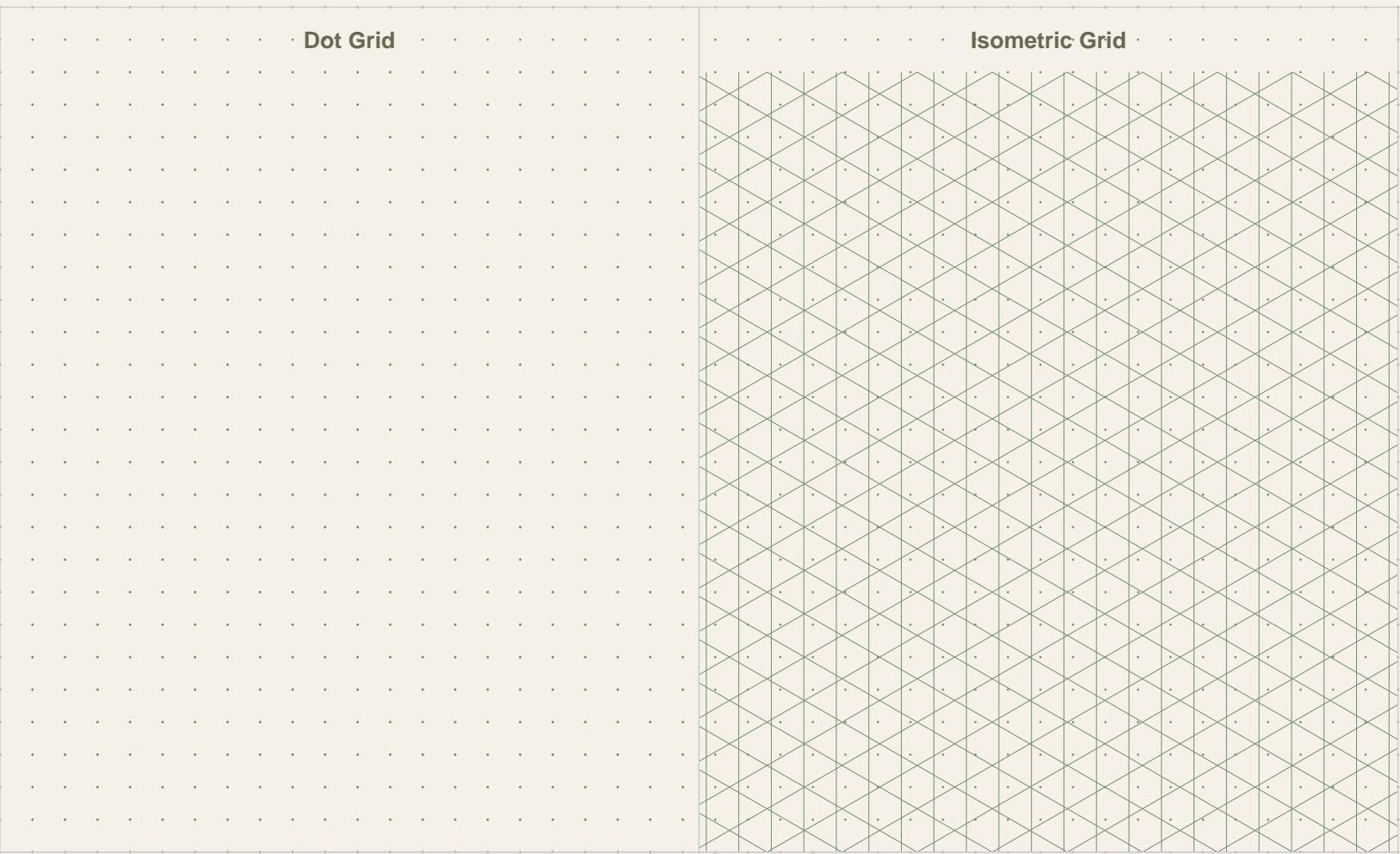
w52

Week 53: Dec 28 - Jan 3, 2027

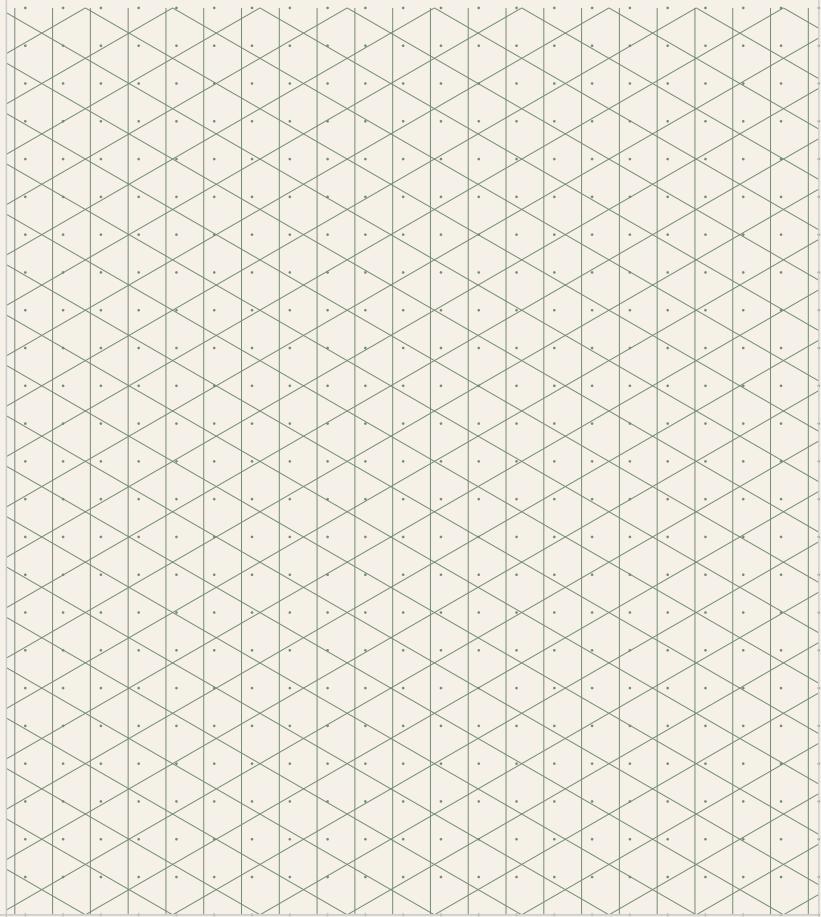
# Grid Types

Visual Reference & Templates

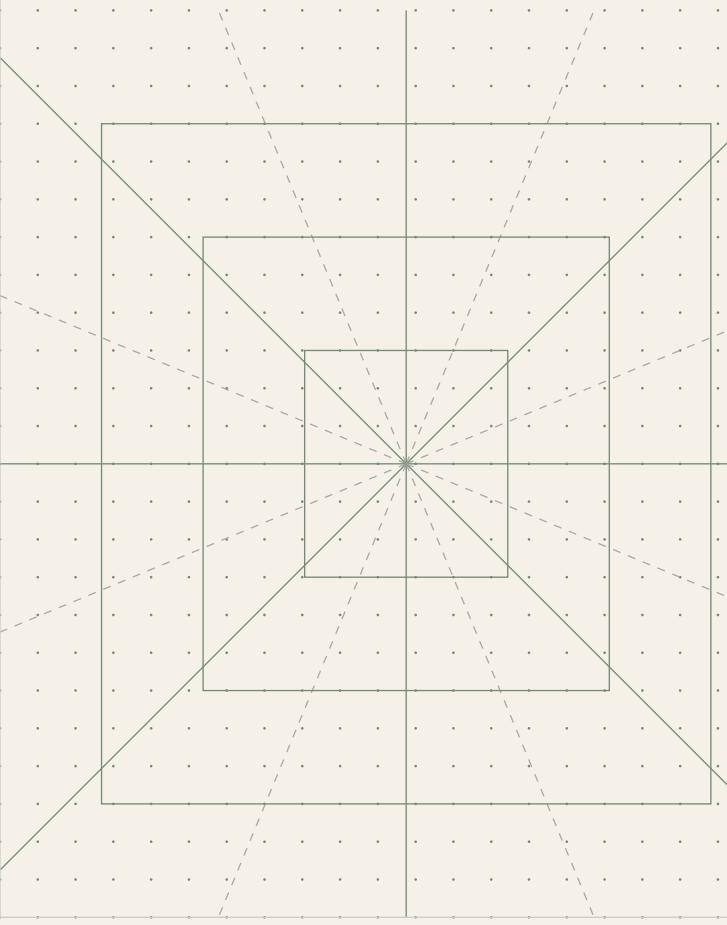
**Dot Grid**



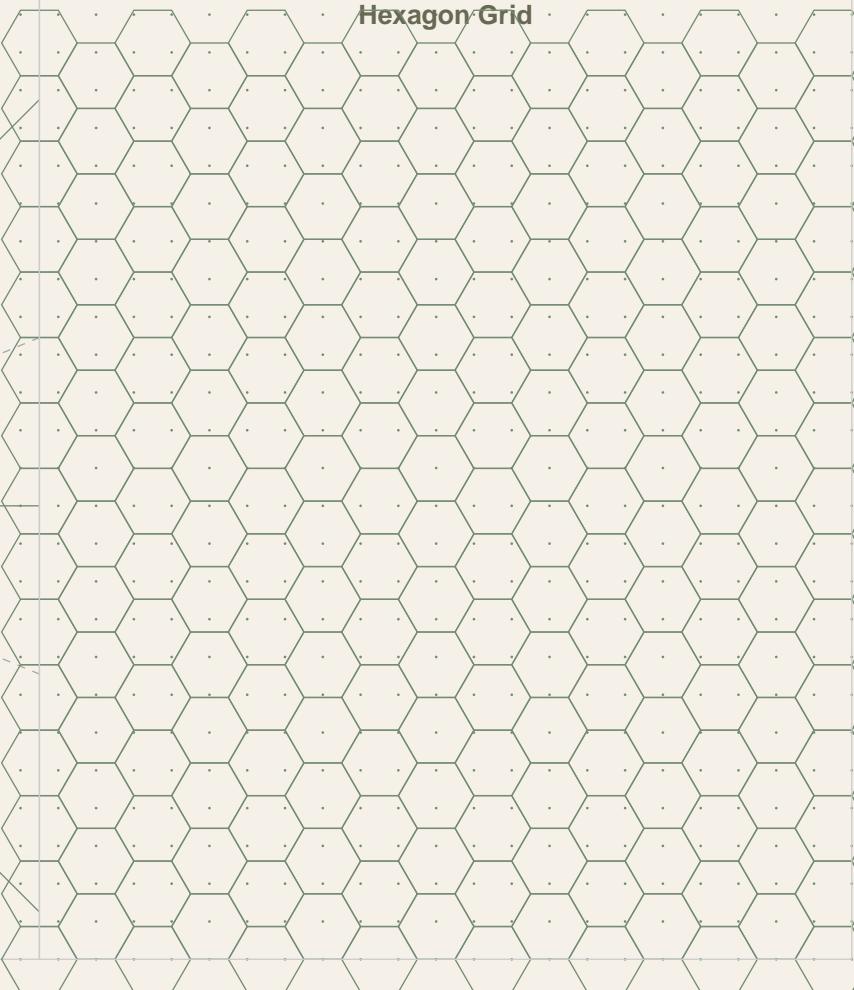
**Isometric Grid**



**Perspective Grid**



**Hexagon Grid**



# Grid Reference

Year

Events

Highlights

Multi  
Grids

## Dot Grid

5mm dot spacing for flexible layouts

*Tap to view full page*

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

w22

## Graph Grid

5mm square grid for precise drawings

*Tap to view full page*

J w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

w39

O w40

## Ruled Lines

Standard ruled lines for writing

*Tap to view full page*

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

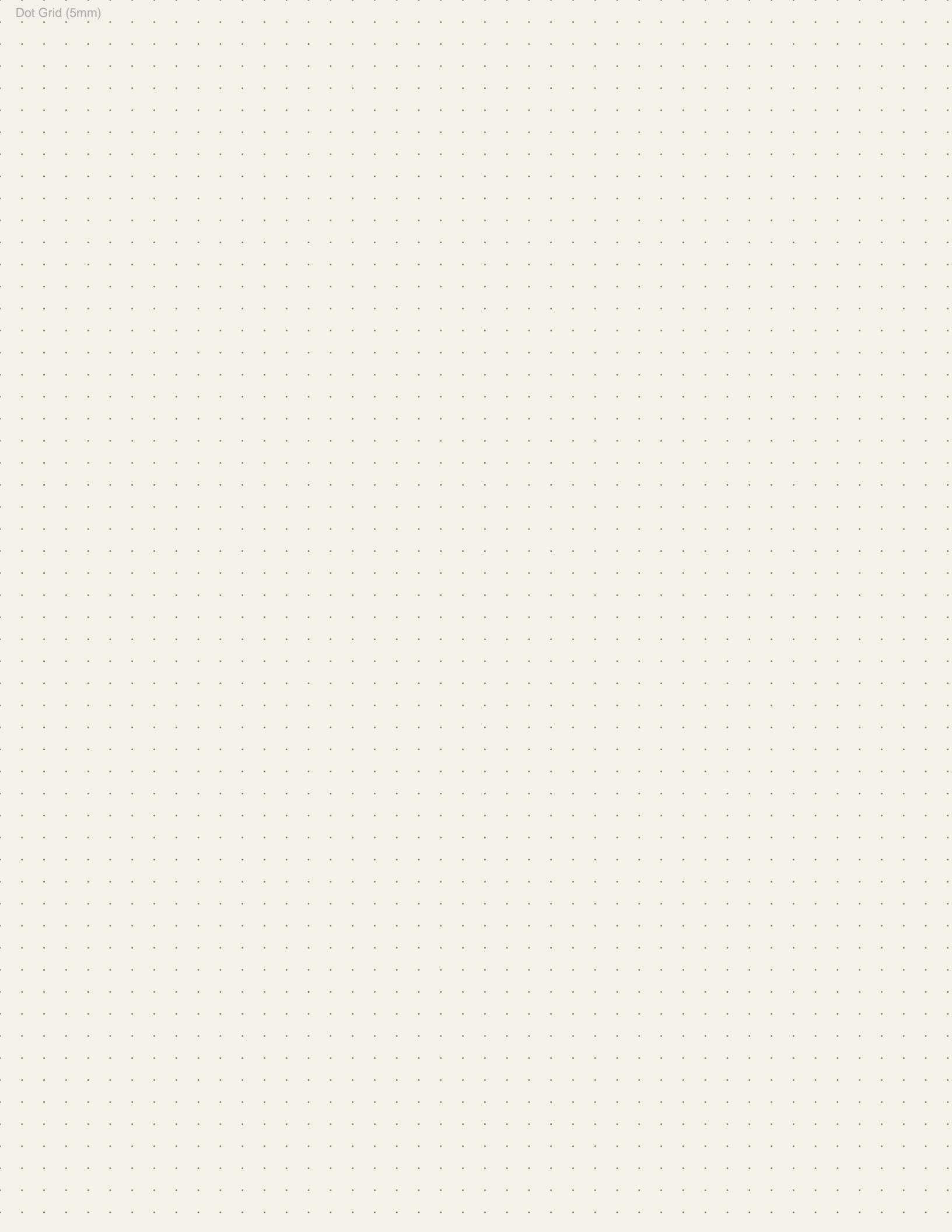
w50

w51

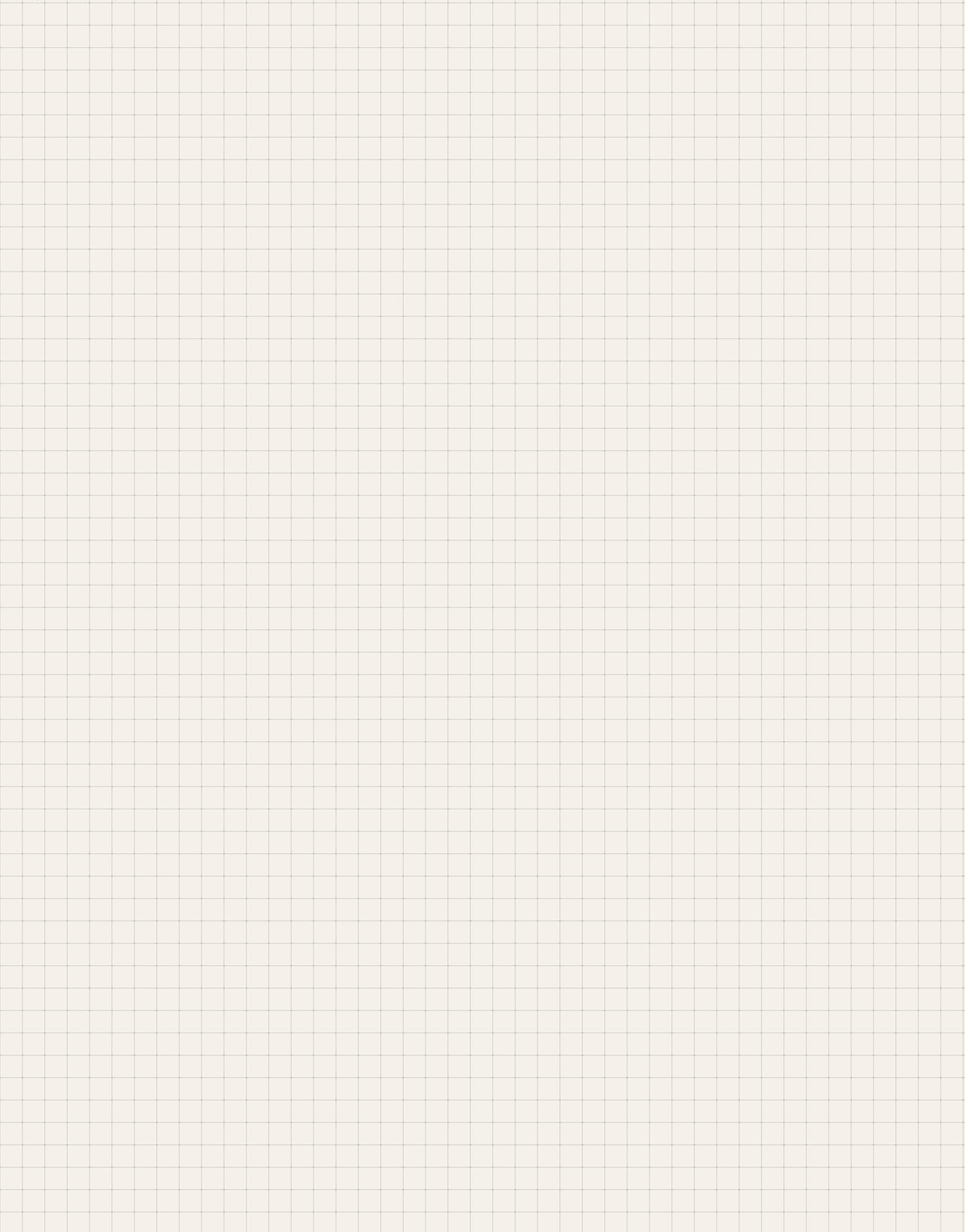
w52

w53

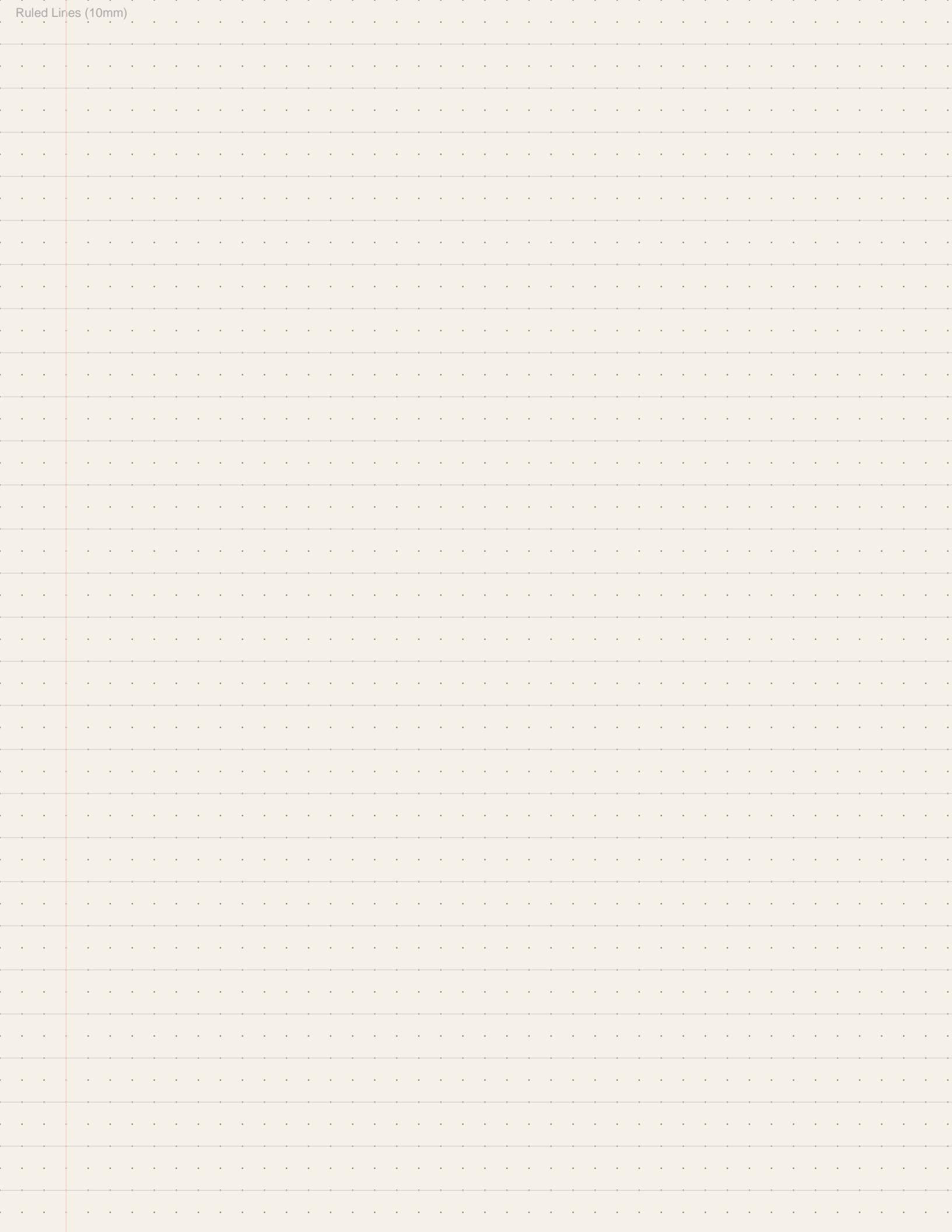
Dot Grid (5mm)

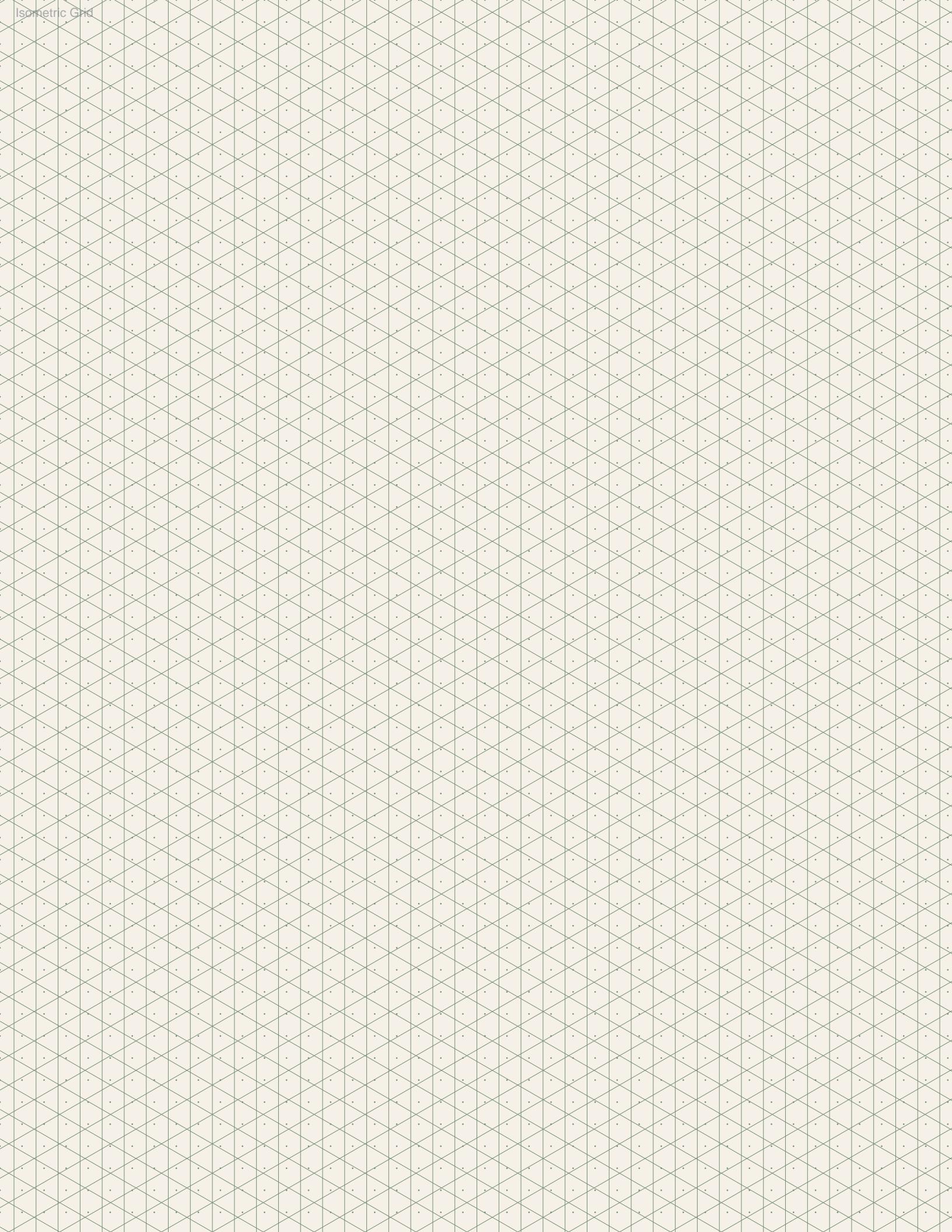


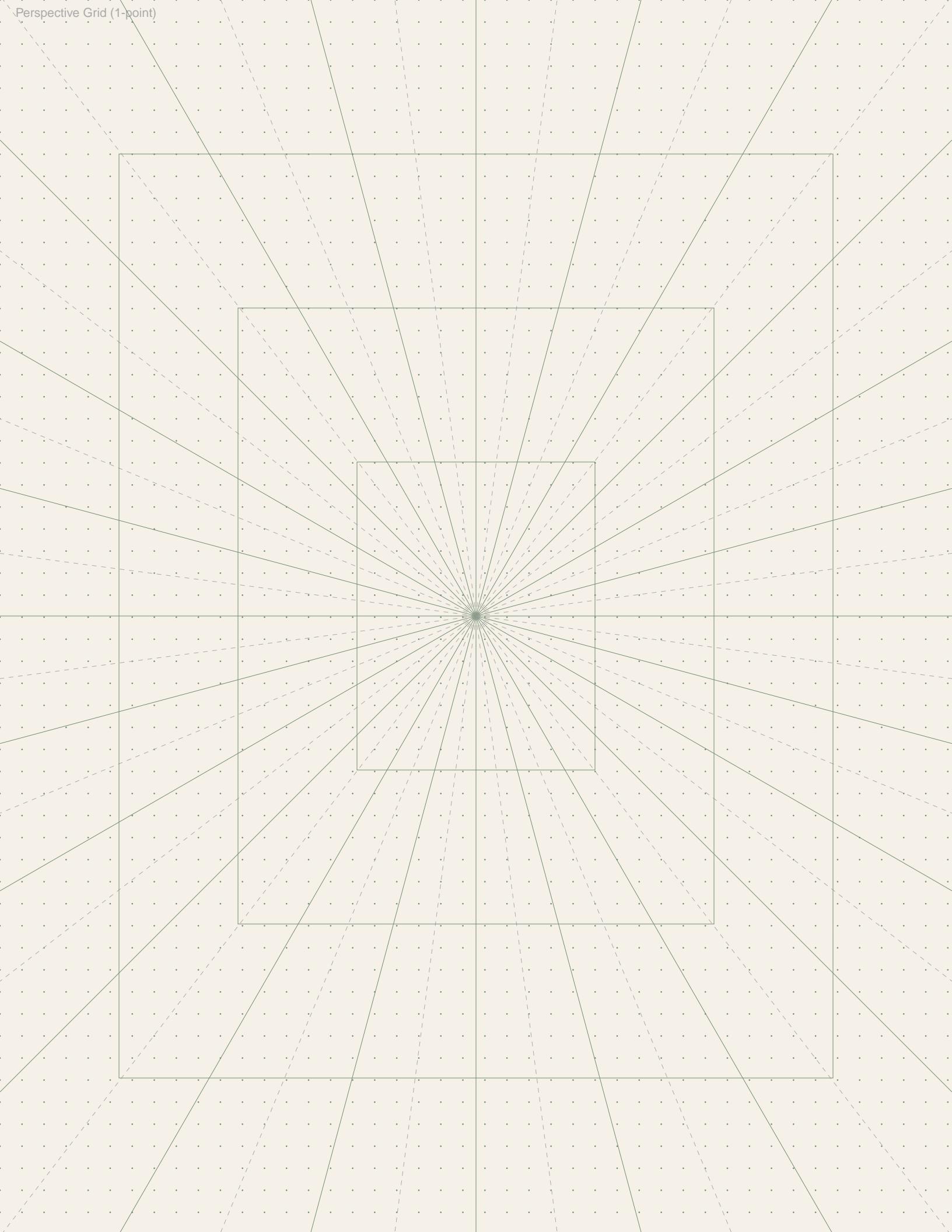
Graph Grid (5mm)



Ruled Lines (10mm)









# 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.

