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100	.

Future Log: January - June 2026

Year

Future

Events
Highlights

Multi
Grids

J w01

w02

w03

w04 JANUARY

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

w21 FEBRUARY

w22

J w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38 MARCH

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

APRIL

MAY

JUNE

Future Log: July - December 2026

Year

Future

Events

Highlights

Multi

Grids

JULY

J w01

w02

w03

w04

AUGUST

F w05

w06

w07

w08

M w09

w10

w11

w12

w13

A w14

w15

w16

w17

M w18

w19

w20

w21

SEPTEMBER

w22

J w23

w24

w25

w26

J w27

w28

w29

w30

A w31

w32

w33

w34

w35

S w36

w37

w38

OCTOBER

w39

O w40

w41

w42

w43

N w44

w45

w46

w47

w48

D w49

w50

w51

w52

w53

NOVEMBER

DECEMBER

Events of 2026

Year

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
J w01												
w02	1 Thu	* 1 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 Thy	2 Sat	2 Tue	2 Thy	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	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 * Anniversary + Sep 23: House Anniversary + Sep 26: Móm's Birthday + Oct 5: Maggie's Anniversary + Nov 2: Ben's Birthday + Nov 5: Maggie Arán's Birthday + Nov 11:

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

Year

Future

Events

Highlights

Multi

Grids

Highlights of 2026

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
J w01													Future
w02	1 Thu	* 1 Sun	1 Sun	1 Wed	1 Fri	1 Mon	1 Wed	1 Sat	1 Tue	1 Thu	1 Sun	1 Tue	Events
w03	2 Fri	2 Mon	2 Mon	2 Thy	2 Sat	2 Tue	2 Thy	2 Sun	2 Wed	2 Fri	2 Mon	2 Wed	Events
w04													Events
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	Events
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	Events
w07													Events
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	Events
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	Events
w10													Events
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	Events
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	Events
w13													Events
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	Events
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	Events
w16													Events
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	Events
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	Events
w19													Events
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	Events
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	Events
w22													Events
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	Events
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	Events
w25													Events
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	Events
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	Events
w28													Events
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	Events
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	Events
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	Events
w32													Events
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	Events
w34													Events
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	Events
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	Events
w37													Events
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	* 25 Sun
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	Events
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	Events
w41													Events
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	Events
w43													Events
N w44	29 Thu		29 Sun	29 Wed	29 Fri	29 Mon	29 Wed	29 Sat	29 Tue	29 Thu	29 Sun	29 Tue	Events
w45	30 Fri		30 Mon	30 Thu	30 Sat	30 Tue	30 Thu	30 Sun	30 Wed	30 Fri	30 Mon	30 Wed	Events
w46													Events
w47	31 Sat		31 Tue		31 Sun			31 Fri	31 Mon		31 Sat		31 Thu
w48													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 + Anhiversary + Sep 23: Hôuse Anniversary + Sèp 26: Móm's Birthday + Oct 5: Maggie's Anhiversary + Nov 2: Ben's Birthdåy + Nov 5: Maggie Arñ's Birthday + Nòv 11:

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

w51

w52

w53

2026

2027

2028

2029

Year

Future

Events

Highlights

Multi

Grids

J w01				
w02				
w03				
w04				
F w05				
w06				
w07				
w08				
M w09				
w10				
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A w14				
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w17				
M w18				
w19				
w20				
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J w23				
w24				
w25				
w26				
J w27				
w28				
w29				
w30				
A w31				
w32				
w33				
w34				
S w36				
w37				
w38				
w39				
O w40				
w41				
w42				
N w44				
w45				
w46				
D w49				
w50				
w51				
w52				
w53				

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

	Mon 1/26	Tue 1/27	Wed 1/28	Thu 1/29	Fri 1/30	Sat 1/31	Sun 2/1	
J w01	AM							Year
w02	Future
w03								Events
w04	PM							Highlights
F w05	EVE							Multi
w06	Grids
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								

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	Year
J	w01 2/2 AM	w02 2/3	w03 2/4	w04 2/5	w05 2/6	w06 2/7	w07 2/8	Future
F	w05 EVE	w07	w08	w09	w10 Cues/Questions	w11	w12	Events
M	w18 2/19	w19	w20	w21	w22	w23	w24	Highlights
A	w14 2/15	w15	w16	w17	w18	w19	w20	Multi
J	w27 2/28	w28	w29	w30	w31	w32	w33	Grids
A	w31 2/32	w32	w33	w34	w35	w36	w37	
S	w36 2/37	w37	w38	w39	w40	w41	w42	
O	w40 2/41	w41	w42	w43	w44	w45	w46	
N	w44 2/45	w45	w46	w47	w48	w49	w50	
D	w49 2/50	w50	w51	w52	w53			

2026

w06

Week 7: Feb 9 - Feb 15, 2026

w08

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01 2/9 AM	w02 2/10	w03 2/11	w04 2/12	w05 2/13	w06 2/14	w07 2/15	Future
F	w08	w09	w10 Cues/Questions	w11	w12	w13	w14	Events
M	w15	w16	w17	w18	w19	w20	w21	Highlights
A	w22	w23	w24	w25	w26	w27	w28	Multi
J	w29	w30	w31	w32	w33	w34	w35	Grids
S	w36	w37	w38	w39	w40	w41	w42	
O	w43	w44	w45 Summary	w46	w47	w48	w49	
N	w50	w51	w52	w53				

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	Year
J w01	AM							Future
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

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	Year
J	w01 3/9	w02 AM	w03	w04 PM	w05 EVE	w06	w07	w08
M	w09	w10 Cues/Questions	w11	w12	w13	w14	w15	Future
A	w16	w17	w18	w19	w20	w21	w22	Events
J	w23	w24	w25	w26	w27	w28	w29	Highlights
J	w30	w31	w32	w33	w34	w35	w36	Multi
A	w37	w38	w39	w40	w41	w42	w43	Grids
N	w44	w45 Summary	w46	w47	w48	w49	w50	
D	w51	w52	w53					

2026

w11

Week 12: Mar 16 - Mar 22, 2026

w13

	Mon 3/16	Tue 3/17	Wed 3/18	Thu 3/19	Fri 3/20	Sat 3/21	Sun 3/22	Year
J w01	AM							Future
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

w12

Week 13: Mar 23 - Mar 29, 2026

w14

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	Year
J w01	AM							Future
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				
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w26				
J w27				
w28				
w29				
w30				
A w31				
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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				

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

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 4/13	Tue 4/14	Wed 4/15	Thu 4/16	Fri 4/17	Sat 4/18	Sun 4/19
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

w16

Week 17: Apr 20 - Apr 26, 2026

w18

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

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

Week 19: May 4 - May 10, 2026

2026

w19

Week 20: May 11 - May 17, 2026

w21

	Year	Future	Events	Highlights	Multi	Grids
J w01	Mon 5/11	Tue 5/12	Wed 5/13	Thu 5/14	Fri 5/15	Sat 5/16
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

w20

Week 21: May 18 - May 24, 2026

w22

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

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 6/22	Tue 6/23	Wed 6/24	Thu 6/25	Fri 6/26	Sat 6/27	Sun 6/28
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

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

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	Tue	Wed	Thu	Fri	Sat	Sun		
J	w01	7/13	7/14	7/15	7/16	7/17	7/18	7/19	Year
F	w02	AM							Future
w03		
w04	PM								
w05		
E	EVE								Events
w06		
w07		
w08		
M	w09								Highlights
C		Cues/Questions				Notes			Multi
w10		
w11		
w12		
w13		
A	w14								Grids
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					

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	Year
J w01	AM							Future
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

w30

Week 31: Jul 27 - Aug 2, 2026

w32

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'

Week 32: Aug 3 - Aug 9, 2026

2026

w32

Week 33: Aug 10 - Aug 16, 2026

w34

	Year	Future	Events	Highlights	Multi	Grids
J w01	Mon 8/10	Tue 8/11	Wed 8/12	Thu 8/13	Fri 8/14	Sat 8/15
w02	AM					
w03	
w04	PM					
F w05						
w06	EVE					
w07	
w08						
M w09						
w10	Cues/Questions		Notes			
w11	
w12	
w13	
A w14	
w15	
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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

w34

Week 35: Aug 24 - Aug 30, 2026

w36

	Mon 8/24	Tue 8/25	Wed 8/26	Thu 8/27	Fri 8/28	Sat 8/29	Sun 8/30	Year
J w01	AM							Future
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				
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M w18				
w19				
w20				
w21				
w22				
J w23				
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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	Summary							
w46				
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w48				
D w49				
w50				
w51				
w52				
w53				

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'

Week 37: Sep 7 - Sep 13, 2026

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	Year	
J	w01	AM						Future	
w02	Events	
w03	Events	
w04	PM							Events	
F	w05	EVE						Events	
w06	Events	
w07	Events	
w08	Events	
M	w09							Events	
	Cues/Questions				Notes				
w10		
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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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w38		
w39		
O	w40								
w41		
w42		
w43		
N	w44								
w45		
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w48		
D	w49								
w50		
w51		
w52		
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	Year
J w01	AM							Future
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				
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M w18				
w19				
w20				
w21				
w22				
J w23				
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w26				
J w27				
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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				

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'

Week 41: Oct 5 - Oct 11, 2026

2026

w41

Week 42: Oct 12 - Oct 18, 2026

w43

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 10/12	Tue 10/13	Wed 10/14	Thu 10/15	Fri 10/16	Sat 10/17	Sun 10/18
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

w42

Week 43: Oct 19 - Oct 25, 2026

w44

	Year	Future	Events	Highlights	Multi	Grids	
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	
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

w43

Week 44: Oct 26 - Nov 1, 2026

w45

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	11/1	Year	
J	w01	10/26	10/27	10/28	10/29	10/30	10/31		Future	
F	w02	AM							Events	
w03				
w04		PM								
w05					
E	w06	EVE								
w07				
w08					
M	w09								Highlights	
	Cues/Questions				Notes					
w10		
w11		
w12		
w13		
A	w14	Multi	
w15	Grids	
w16		
w17		
M	w18		
w19		
w20		
w21		
w22		
J	w23		
w24		
w25		
w26		
J	w27		
w28		
w29		
w30		
A	w31		
w32		
w33		
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w35		
S	w36		
w37		
w38		
w39		
O	w40		
w41		
w42		
w43		
N	w44		
w45		
w46		
w47		
w48		
D	w49		
w50		
w51		
w52		
w53		
	Summary									

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

	Mon 11/2	Tue 11/3	Wed 11/4	Thu 11/5	Fri 11/6	Sat 11/7	Sun 11/8	Year
J w01	AM							Future
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				
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M w18				
w19				
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J w23				
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J w27				
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A w31				
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S w36				
w37				
w38				
w39				
O w40				
w41				
w42				
w43				
N w44				
w45	Summary			
w46				
w47				
w48				
D w49				
w50				
w51				
w52				
w53				

2026

w45

Week 46: Nov 9 - Nov 15, 2026

w47

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 11/9	Tue 11/10	Wed 11/11	Thu 11/12	Fri 11/13	Sat 11/14	Sun 11/15
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

w46

Week 47: Nov 16 - Nov 22, 2026

w48

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 11/16	Tue 11/17	Wed 11/18	Thu 11/19	Fri 11/20	Sat 11/21	Sun 11/22
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

w47

Week 48: Nov 23 - Nov 29, 2026

w49

	Year	Future	Events	Highlights	Multi	Grids	
J w01	Mon 11/23	Tue 11/24	Wed 11/25	Thu 11/26	Fri 11/27	Sat 11/28	Sun 11/29
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

w48

Week 49: Nov 30 - Dec 6, 2026

w50

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Year
J	w01 11/30 AM	w02 12/1 .	w03 12/2 .	w04 12/3 .	w05 12/4 .	w06 12/5 .	w07 12/6 .	Future
F	w08 .	w09 .	w10 Cues/Questions	w11 .	w12 .	w13 .	w14 Notes	Events
M	w15 .	w16 .	w17 .	w18 .	w19 .	w20 .	w21 .	Highlights
A	w22 .	w23 .	w24 .	w25 .	w26 .	w27 .	w28 .	Multi
J	w29 .	w30 .	w31 .	w32 .	w33 .	w34 .	w35 .	Grids
S	w36 .	w37 .	w38 .	w39 .	w40 .	w41 .	w42 .	
O	w43 .	w44 .	w45 Summary	w46 .	w47 .	w48 .	w49 D w49	
N	w50 .	w51 .	w52 .	w53 .				

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

Week 50: Dec 7 - Dec 13, 2026

Week 51: Dec 14 - Dec 20, 2026

2026

w51

Week 52: Dec 21 - Dec 27, 2026

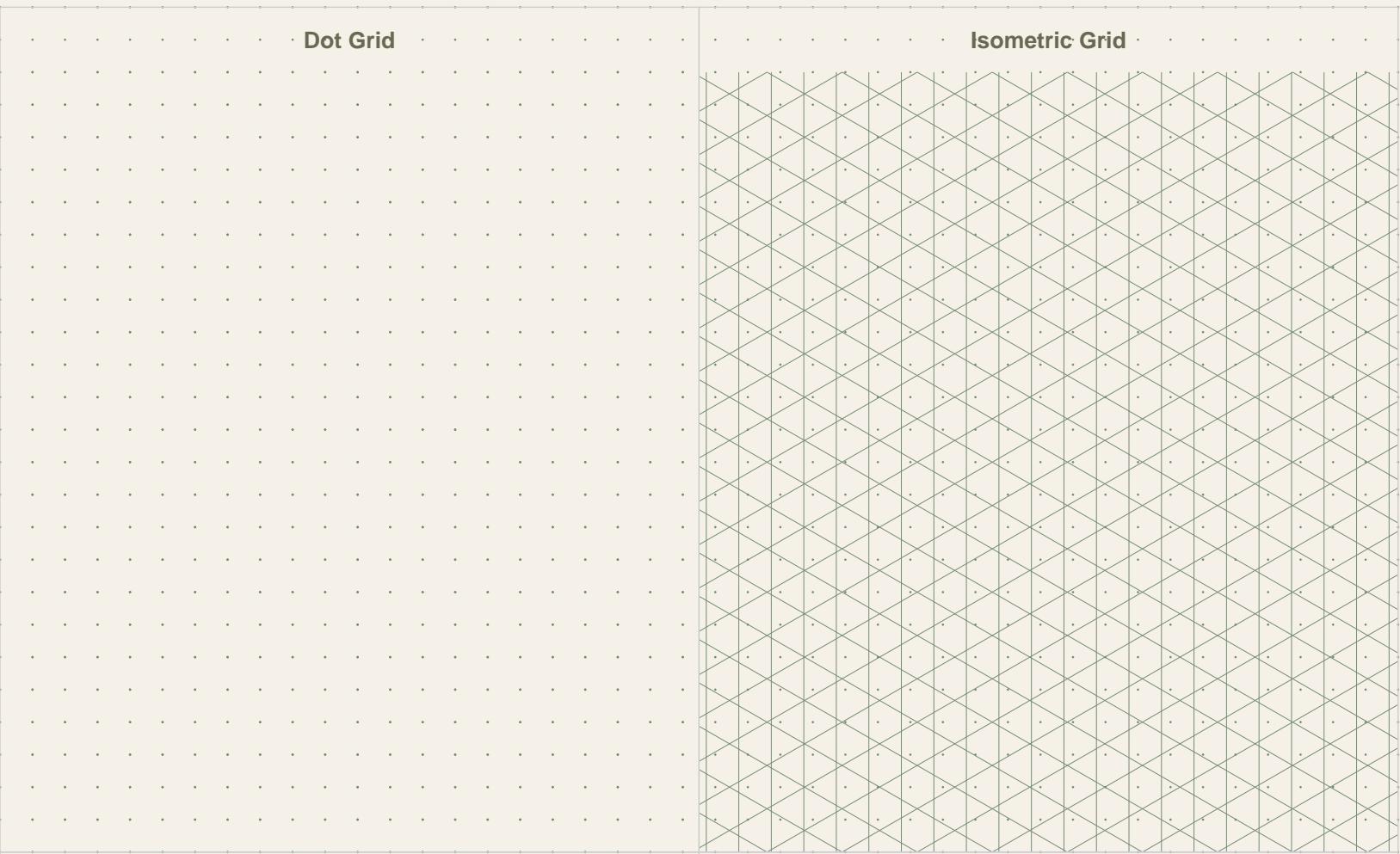
w53

Week 53: Dec 28 - Jan 3, 2027

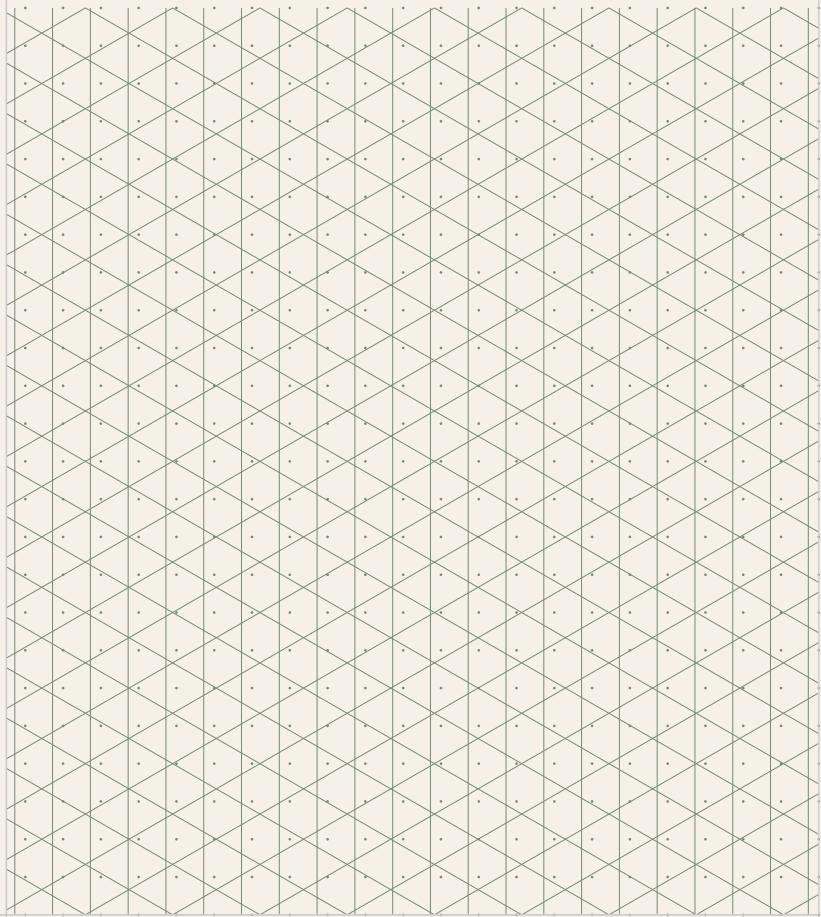
Grid Types

Visual Reference & Templates

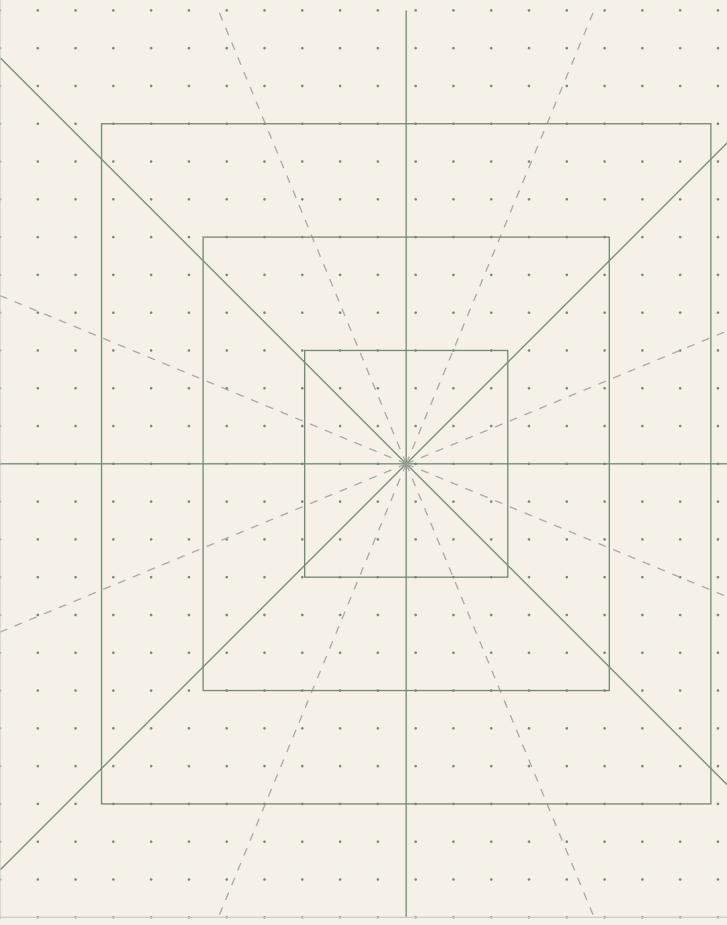
Dot Grid



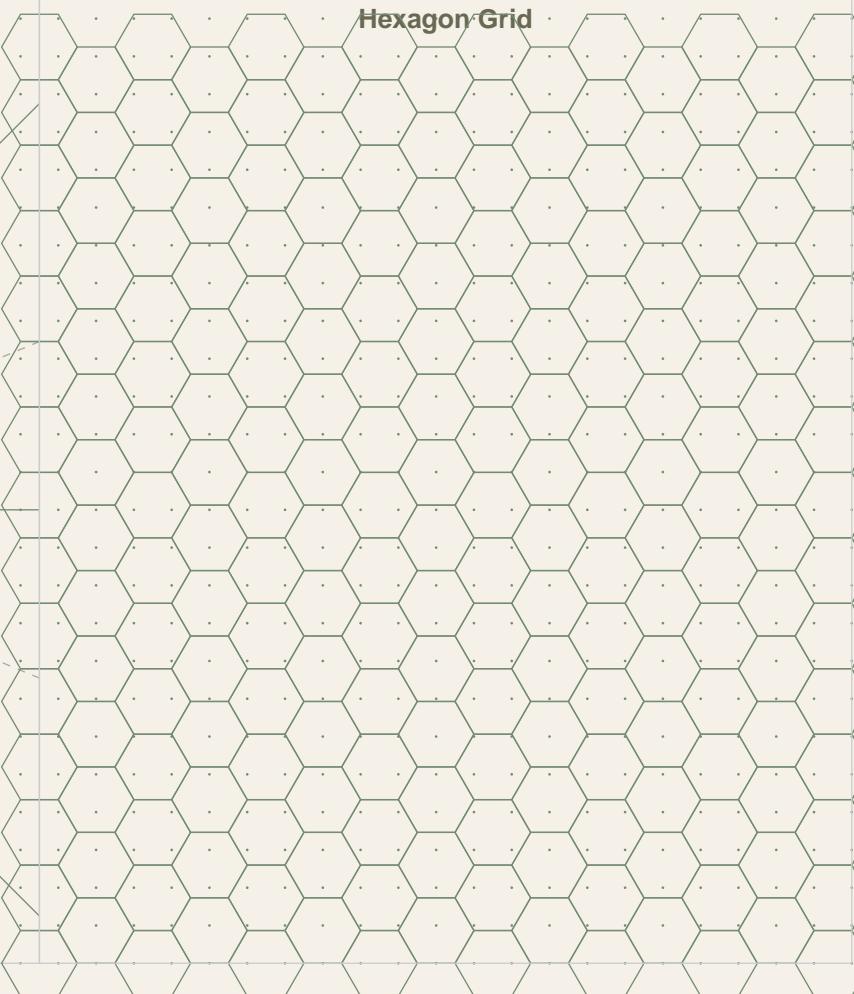
Isometric Grid



Perspective Grid



Hexagon Grid



Grid Reference

Year

Future

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

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

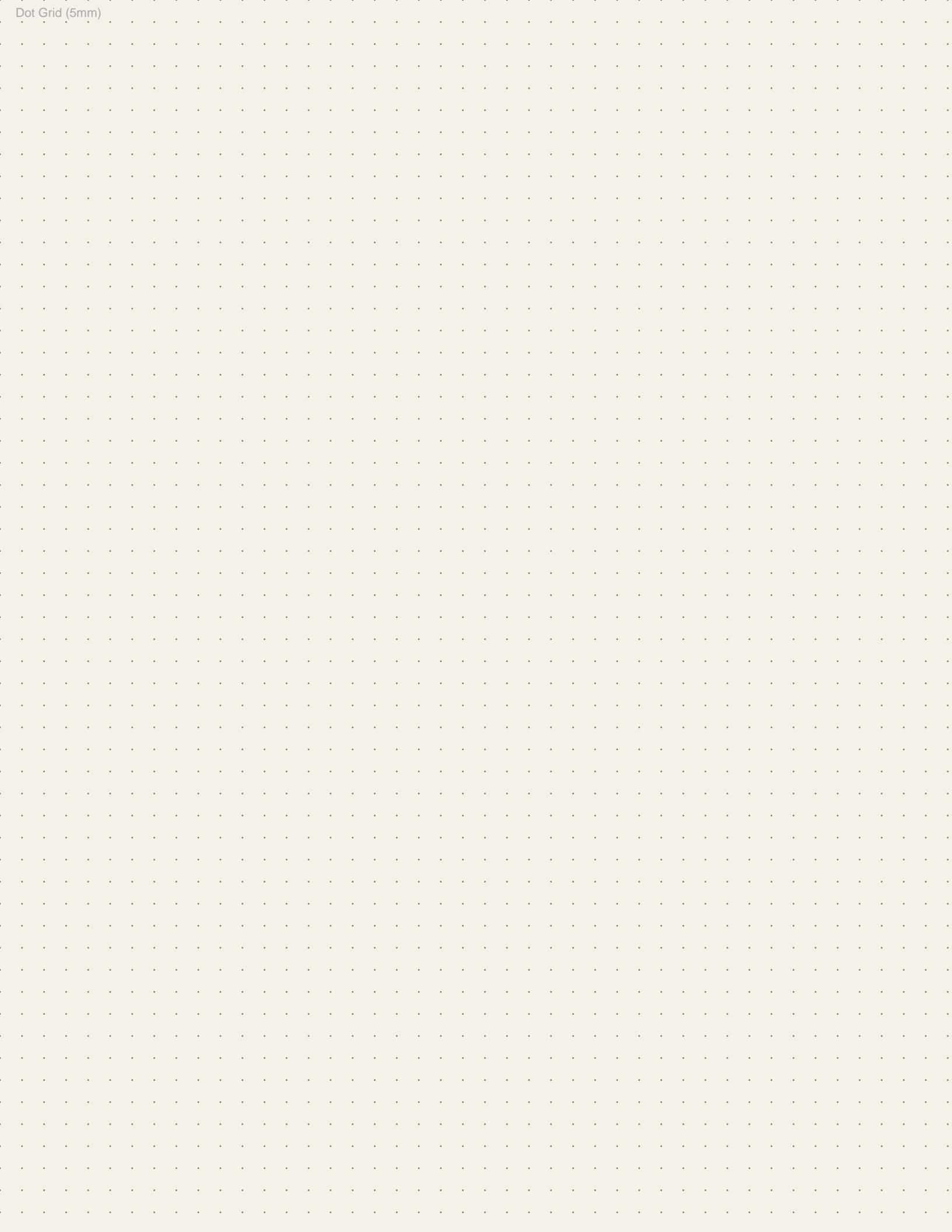
w50

w51

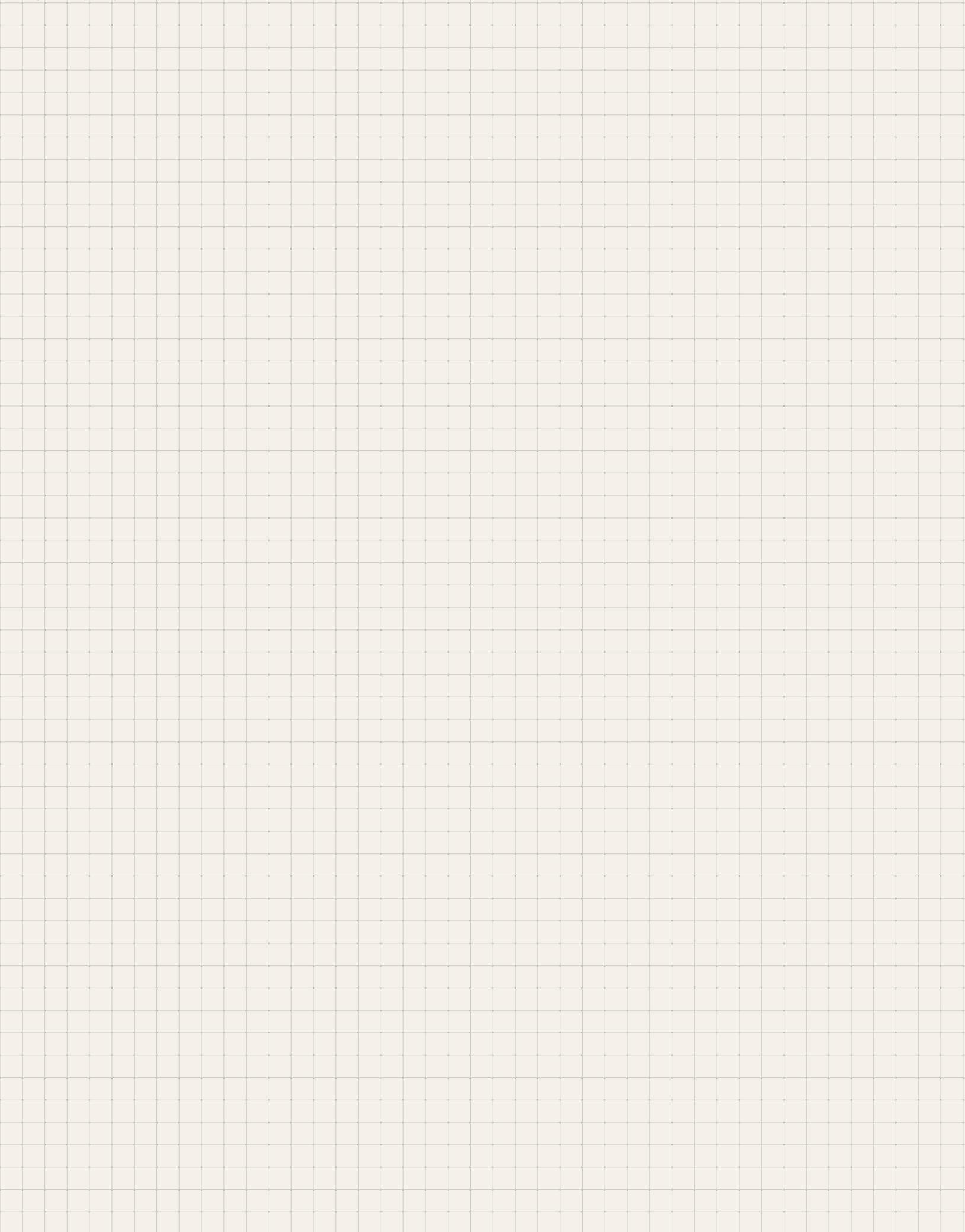
w52

w53

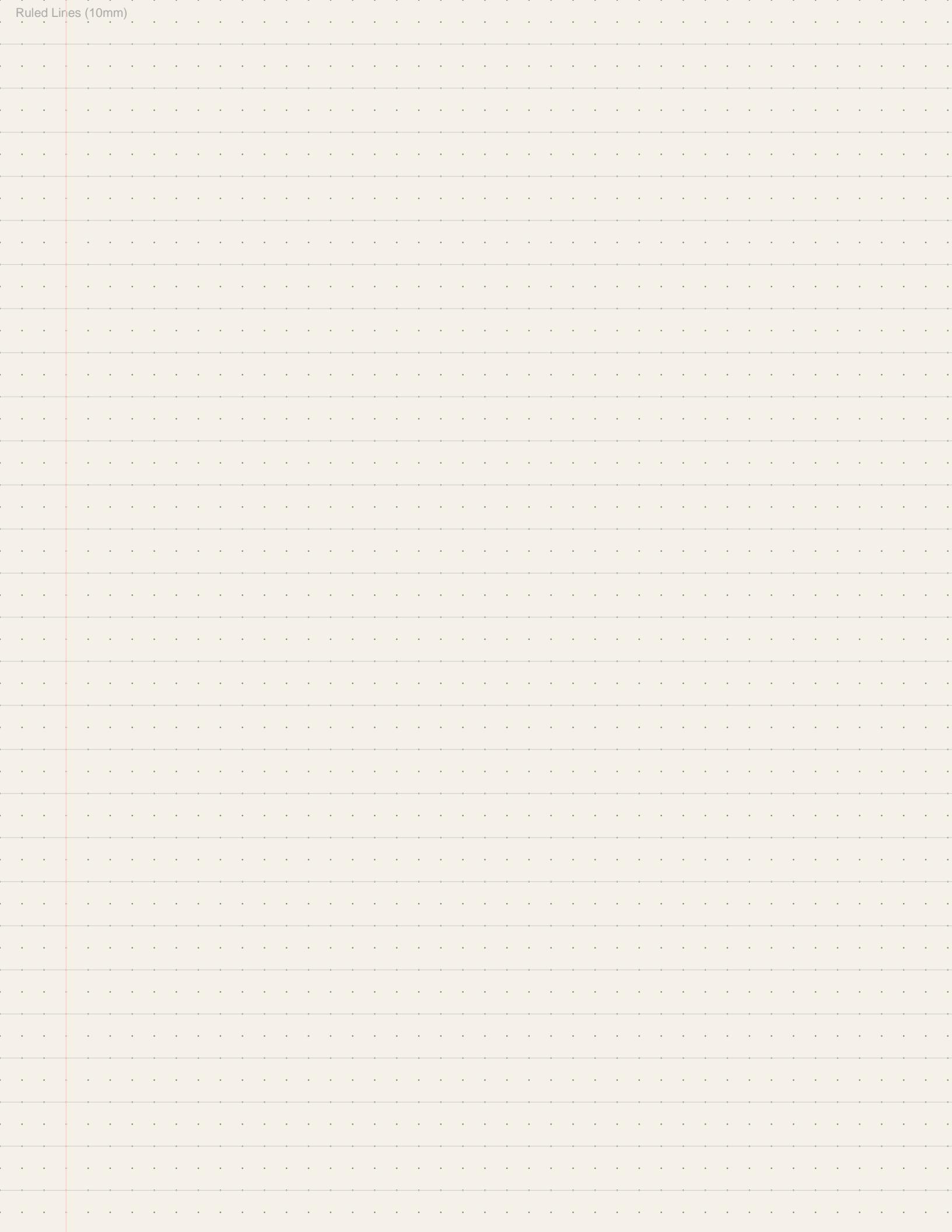
Dot Grid (5mm)

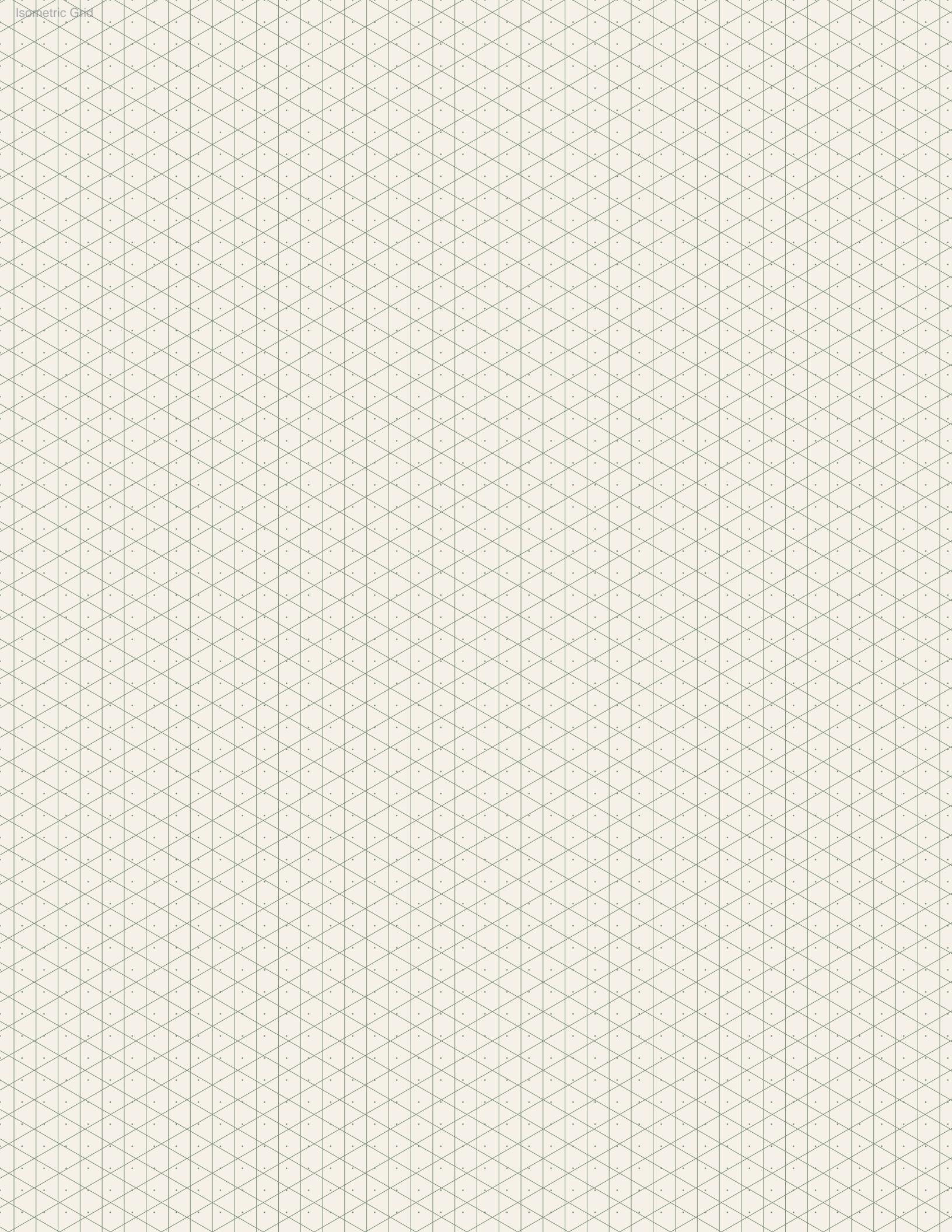


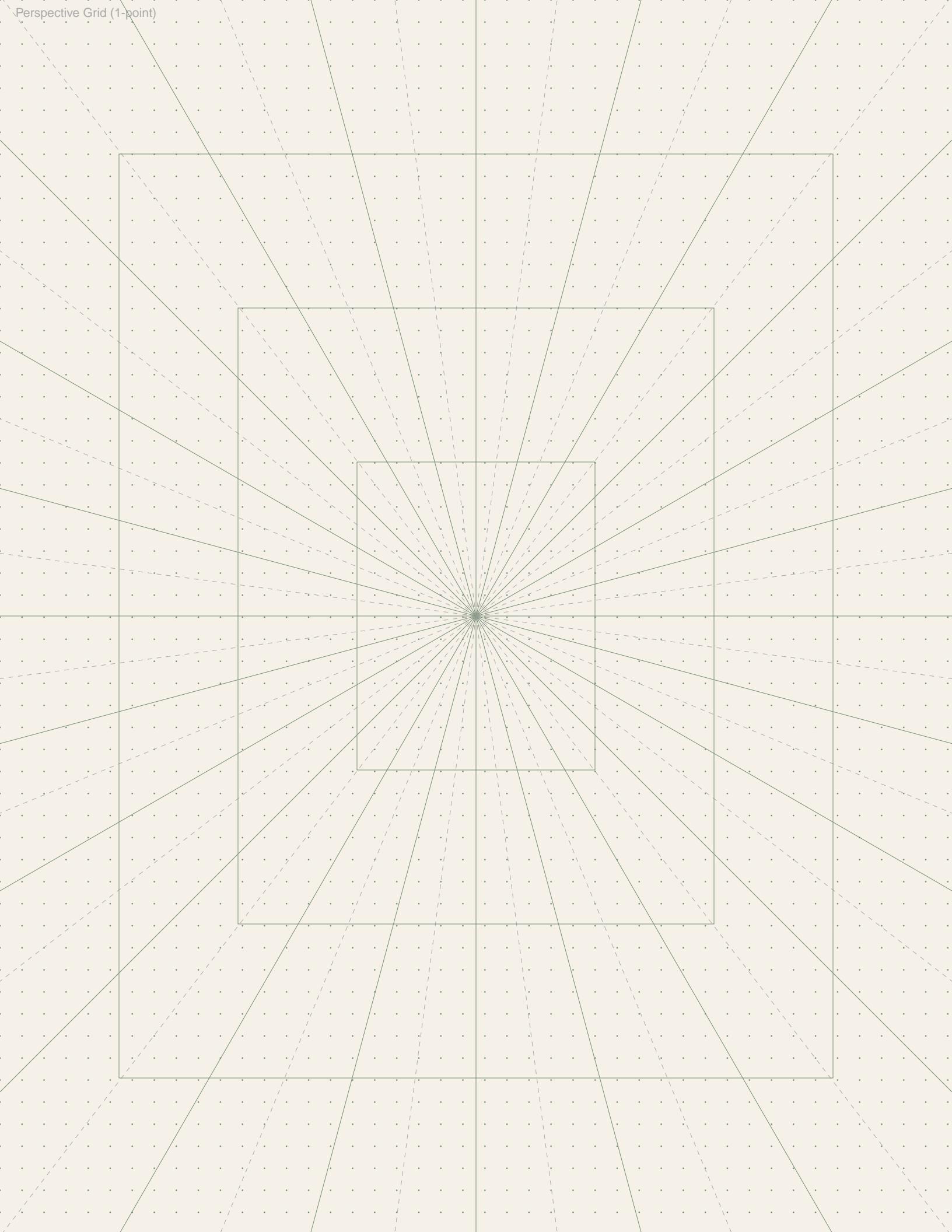
Graph Grid (5mm)



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: ++ + - -

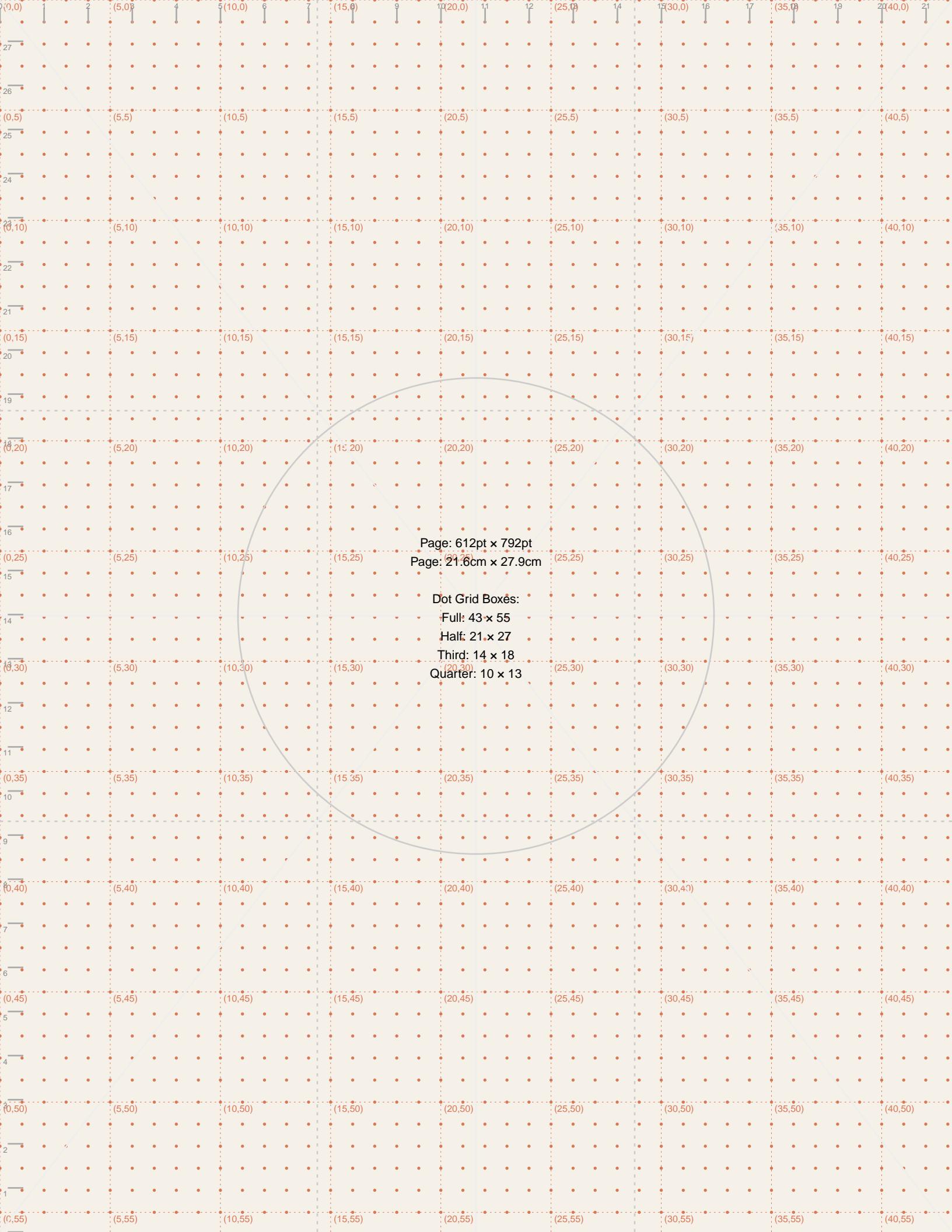
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood	<input type="checkbox"/>						
Energy	<input type="checkbox"/>						
Sleep (hrs)	<input type="checkbox"/>						

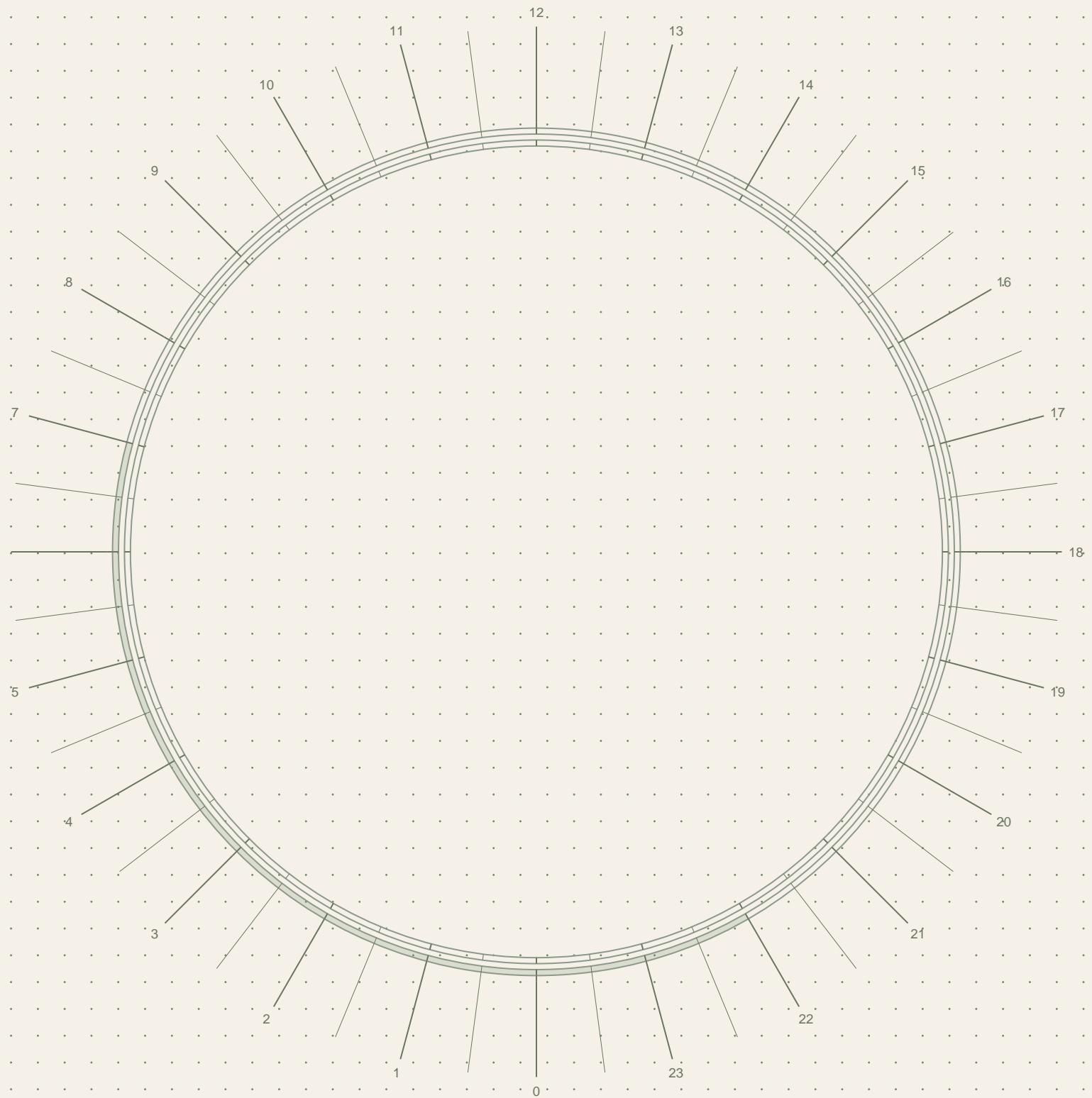
More Ideas

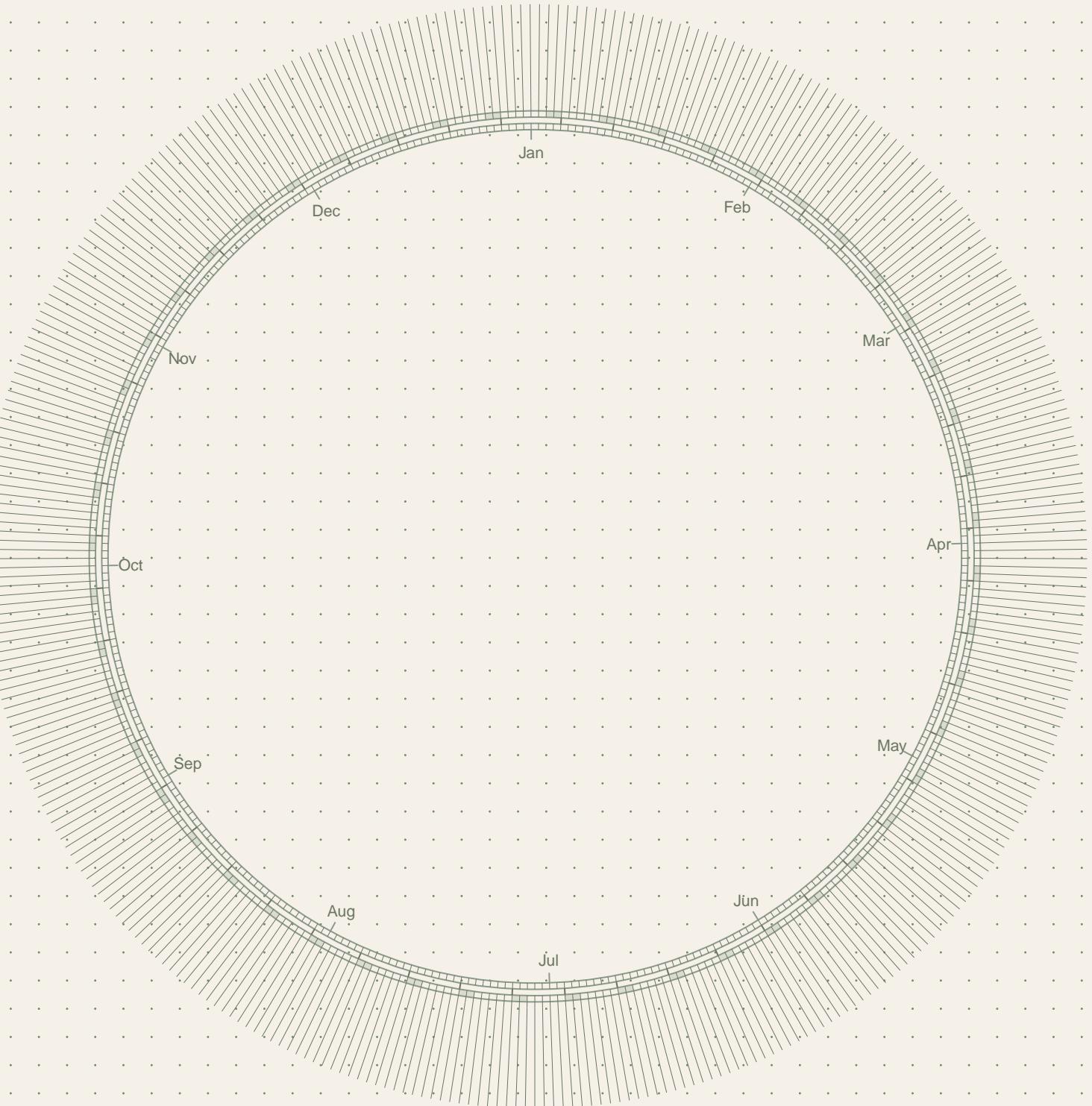
- Water intake (glasses per day)
- Gratitude (3 things daily)
- Expense tracking (categories)

- 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.





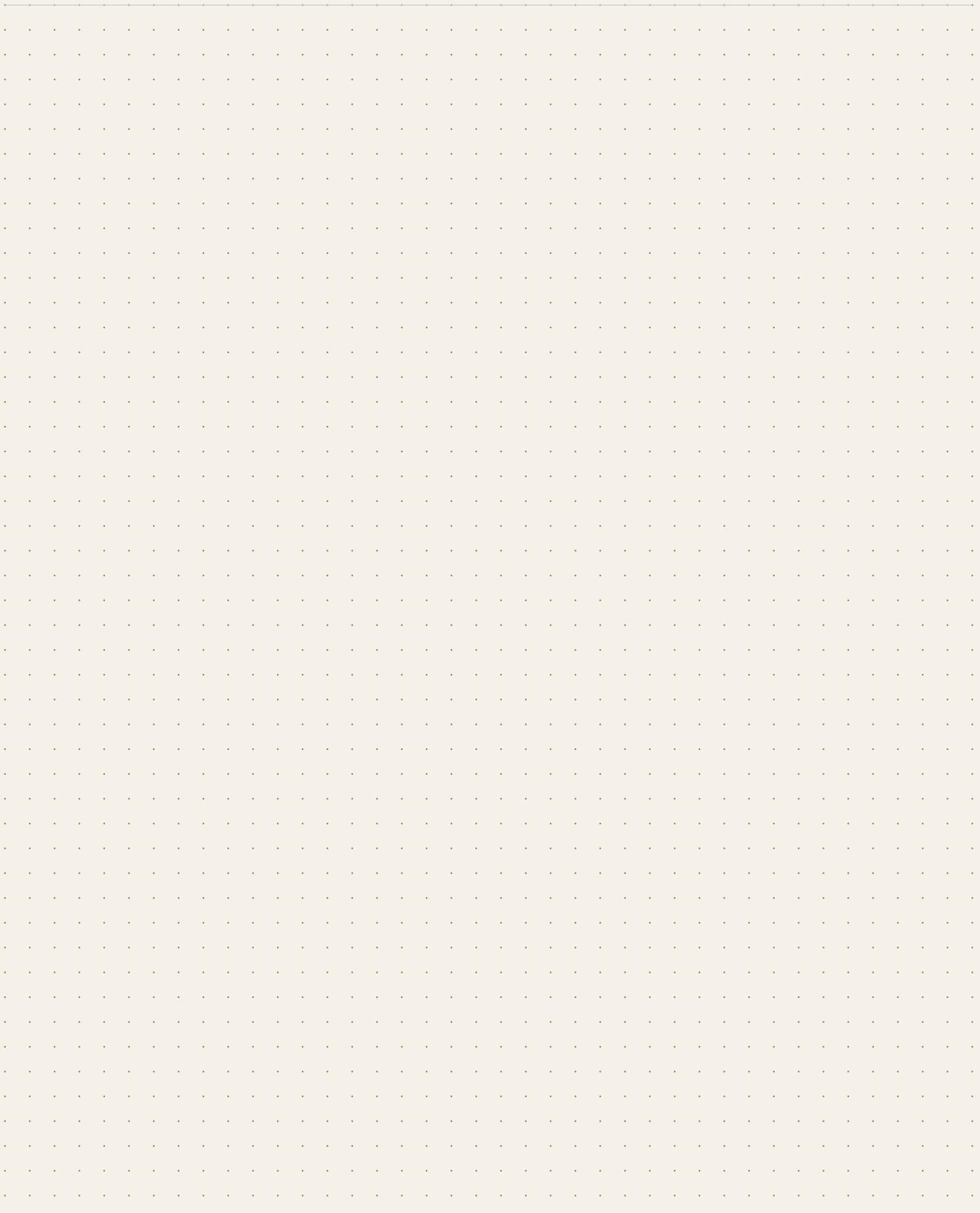


Books to Read

Fiction, non-fiction, and everything in between

Project Ideas

Things to build, make, or create



Recipes to Try

Meals worth making again

