

Week: _____

Pre		Pre		Pre		Pre		Pre		Pre	
Lift		Lift		Lift		Lift		Lift		Lift	
Post		Post		Post		Post		Post		Post	

Week: _____

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate - 10min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read - 10min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social	<input type="checkbox"/>	<input type="checkbox"/>					
Sugar	<input type="checkbox"/>						
Job	<input type="checkbox"/>						
Journal	<input type="checkbox"/>	<input type="checkbox"/>					
Blog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Hoop	<input type="checkbox"/>	<input type="checkbox"/>					
Typing – 30min	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>

[illegible]