Planning Notebook

by Kenneth John Odle v. 2.5.0 2024 Version November 7, 2023



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https://git.kjodle.net/kjodle/planner-in-latex

Introduction

This document is part of a never-ending search for the perfect planner.

My goal was to create a planner where I can plan my days, weeks, and entire year ahead of time as much as possible. In addition to a regular planner where I can make note of everyday life events (i.e., medical appointments), I also wanted a way to incorporate annual goals into my weekly plans. I believe the reason so many new year's resolutions fail is that we simply forget about them. If you want to achieve something, you have to keep that goal in front of you. I also wanted a place to reflect on my progress on those goals, both on a monthly and on an annual basis.

Prior to this year, this was contained in a single document. Several notable changes have led this to being version 2.0.0, most notably:

• The research on goals and habits has been moved to a separate document ("Notes").

- The annual and monthly goals and reflection pages have been moved to a separate document ("Annual Goals"). This makes it easier to refer to them when planning your weeks.
- Tables have been reconstructed entirely using the tabularray package for greater consistency.

You are welcome to download the pdf of this planner and use it. You can also customize it by forking or downloading the package and making whatever changes you may want. All of these documents have been written in LaTeX; only the most basic working knowledge of that language should be required to make basic changes.

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Week 1	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 1 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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	Monday	
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Hoping For:	Tuesday	
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Looking For:	sday	
	Wednesday	
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Grateful For:		
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Post-week Notes:		
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Week 1	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	\bigcirc \bigcirc Create
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	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 1	2024	Jan	Feb	Mar	Apr	Mav	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Day	Finances	Health
	□ AP □ Pd □ X	
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Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 2	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 2	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
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Week 2	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
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	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
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	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
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	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
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	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
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Week 2	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Day	Finances	Health
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Mon	□AP □Pd □X	
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Tue	□ AP □ Pd □ X	
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Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 3	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 3 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Week 3	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
Fri	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
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Week 3	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
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Mon	□ AP □ Pd □ X	
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Tue	□ AP □ Pd □ X	
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Week 4	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 4 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Post-week Notes:		
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Week 4	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
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	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ Create
	0	0
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	0	○ Read
	0	○ ○ Exercise
Fri	0	○ Create
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a .	0	○ ○ Exercise
Sat	0	○ ○ ○ ○ Create
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	Cinemass for most supply	O Pood
	○ Finances for next week○ Goals/Activities for next week	○ ○ Read○ ○ Exercise
Sun	Goals/Activities for next week	○ ○ ○ ○ Create
Juli	0	O Create
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week 4 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	Week 4	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
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	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
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Sat	☐ AP ☐ Pd ☐ X	
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Sun	☐ AP ☐ Pd ☐ X	
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Week 5	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
147	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
Е	○ Clear off DR table
Г	○ Clean office
Ca	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Th F Sa Su	○ Meal prep

Week 5	2024	Jan	Feb	Mar	Apr	Mav	Iun	Iul	Aug	Sep	Oct	Nov	Dec

Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
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Post-week Notes:		
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Week 5	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
Mon () () () () () () () () () (0	○ ○ Exercise
	0	○ ○ Create
	0	0
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	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
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Week 5	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
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Tue	☐ AP ☐ Pd ☐ X	
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Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
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Week 6	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
V V	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
1.	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 6	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Week 6	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
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Week 6 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	Week 6	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
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Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
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Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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	☐ AP ☐ Pd ☐ X	

Week 7	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 7	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Looking For:	sday	
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Post-week Notes:		
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Week 7	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 7	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 8	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
r	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

 Week 8
 2024
 Jan
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Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
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Looking For:	sday	
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Grateful For:		
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Post-week Notes:		
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Week 8	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 8	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
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	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
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	☐ AP ☐ Pd ☐ X	

Week 9	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores						
М	0						
IVI	0						
Tu	○ Clean bathroom sinks						
Tu	○ Clean toilets						
W	○ Clean bathtub						
VV	○ Pickup floor ○ Dust						
Th	○ Vacuum						
111	○ Kitchen floor						
F	○ Clear off DR table						
Г	○ Clean office						
Sa	○ Meal planning						
Sa	○ Grocery planning						
Su	○ Grocery shopping						
Su	○ Meal prep						

Week 9	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
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Looking For:	Wednesday	
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Grateful For:		
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Post-week Notes:		
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Week 9	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 9	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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-	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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_	□ AP □ Pd □ X	
Sat		
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Sun	□ AP □ Pd □ X	
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Week 10	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores								
М	0								
IVI	0								
Tu	○ Clean bathroom sinks								
Tu	○ Clean toilets								
W	○ Clean bathtub								
VV	○ Pickup floor ○ Dust								
Th	○ Vacuum								
111	○ Kitchen floor								
F	○ Clear off DR table								
Г	○ Clean office								
Sa	○ Meal planning								
Sa	○ Grocery planning								
C	○ Grocery shopping								
Su	○ Meal prep								

Week 10 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Looking For:	sday	
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Grateful For:		
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Post-week Notes:		
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Week 10	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
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Week 10	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
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	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 11	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 11	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
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Looking For:	Wednesday	
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Grateful For:		
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	Sunday	

Week 11	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
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	O Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
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	○ Finances for next week	○ ○ Read
C	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
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Week 11	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 12	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 12	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
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Looking For:	sday	
	Wednesday	
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Grateful For:		
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Post-week Notes:		
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Week 12	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
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	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
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	O Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
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	○ Finances for next week	○ ○ Read
C	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 12	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
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Week 13	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 13 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
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	Monday	
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Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
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Grateful For:		
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Week 13	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 13	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
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	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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	☐ AP ☐ Pd ☐ X	

Week 14	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
1	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
Su	○ Grocery shopping					
Su	○ Meal prep					

Week 14 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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	Monday	
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Hoping For:	Tuesday	
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Looking For:	sday	
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Grateful For:		
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Post-week Notes:		
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Week 14	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

	Week 14	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□AP □Pd □X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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	☐ AP ☐ Pd ☐ X	

Week 15	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
Г	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
C	○ Grocery shopping					
Su	○ Meal prep					

Week 15 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
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Hoping For:	Tuesday	
Looking For:	_	
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Post-week Notes:		
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Week 15	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
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	0	0
	O Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
		\bigcirc
	○ Finances for next week	○ ○ Read
C	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
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Week 15	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
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	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
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_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 16	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
T'	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 16 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
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Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
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Grateful For:		
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Post-week Notes:		
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Week 16	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon () () () () () () () () () (0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 16	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon Tue Thu Fri Sat	□AP □Pd □X	
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Tue	□AP □Pd □X	
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Wed	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 17	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
1	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
Su	○ Grocery shopping					
Su	○ Meal prep					

Week 17 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
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	Monday	
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Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
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Grateful For:		
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Post-week Notes:		
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Week 17	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
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Week 17	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
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	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
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	□AP □Pd □X	
Tue	□AP □Pd □X	
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Wed	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
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Sat	□ AP □ Pd □ X	
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Sun	□ AP □ Pd □ X	
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Week 18	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores						
М	0						
IVI	0						
Tu	○ Clean bathroom sinks						
Tu	○ Clean toilets						
W	○ Clean bathtub						
VV	○ Pickup floor ○ Dust						
Th	○ Vacuum						
111	○ Kitchen floor						
F	○ Clear off DR table						
Г	○ Clean office						
Sa	○ Meal planning						
Sa	○ Grocery planning						
C	○ Grocery shopping						
Su	○ Meal prep						

Week 18 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	ş:
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Hoping For:	Tuesday	
Looking For:	sday	
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Grateful For:	-	
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Week 18	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
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	0	○ ○ Exercise
Wed	0	○ ○ Create
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	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
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Week 18	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
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	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
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	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
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	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
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Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 19	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
1	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
Su	○ Grocery shopping					
Su	○ Meal prep					

Week 19 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 19	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 19	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 20	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores							
М	0							
IVI	0							
Tu	○ Clean bathroom sinks							
Tu	○ Clean toilets							
W	○ Clean bathtub							
V V	○ Pickup floor ○ Dust							
Th	○ Vacuum							
111	○ Kitchen floor							
F	○ Clear off DR table							
1.	○ Clean office							
Sa	○ Meal planning							
Sa	○ Grocery planning							
Su	○ Grocery shopping							
Su	○ Meal prep							

Week 20 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 20	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 20	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 21	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
Г	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
C	○ Grocery shopping					
Su	○ Meal prep					

Week 21 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 21 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov 1	Week 21	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dε
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 21	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 22	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
1	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
Su	○ Grocery shopping					
Su	○ Meal prep					

Week 22 | 2024 | Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 22	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	\bigcirc \bigcirc Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 22	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 23	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
V V	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
1.	○ Clean office
Sa	○ Meal planning
Sa Grocery planning	
Su	○ Grocery shopping
Su	○ Meal prep

Week 23 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
	~	
	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Sunday	

Week 23	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 23	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 24	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 24 | 2024 | Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
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	Monday	
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Hoping For:	Tuesday	
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Looking For:	sday	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
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Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 24	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 24 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov De	Week 24	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 25	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores				
М	0				
IVI	0				
Tu	○ Clean bathroom sinks				
Tu	○ Clean toilets				
W	○ Clean bathtub				
VV	○ Pickup floor ○ Dust				
Th	○ Vacuum				
111	○ Kitchen floor				
F	○ Clear off DR table				
Г	○ Clean office				
Sa	○ Meal planning				
Sa	○ Grocery planning				
Su	○ Grocery shopping				
Su	○ Meal prep				

Week 25 | 2024 | Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
	~	
	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	ay	
	Saturday	
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	Sunday	

Week 25	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ ○ Create
	0	
	Cinemass for most supply	O Pood
	○ Finances for next week○ Goals/Activities for next week	○ ○ Read○ ○ Exercise
Sun	Goals/Activities for next week	○ ○ ○ ○ Create
Juli	0	O Create
	0	
		0

Week 25	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 26	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores						
М	0						
IVI	0						
Tu	○ Clean bathroom sinks						
Tu	○ Clean toilets						
W	○ Clean bathtub						
VV	○ Pickup floor ○ Dust						
Th	○ Vacuum						
111	○ Kitchen floor						
F	○ Clear off DR table						
Г	○ Clean office						
Sa	○ Meal planning						
Sa	○ Grocery planning						
Su	○ Grocery shopping						
Su	○ Meal prep						

Week 26 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 26	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 26	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 27	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 27 | 2024 | Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
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	Saturday	
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	Sunday	

Week 27	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 27	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 28	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
1	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 28	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
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	Monday	
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**	day	
Hoping For:	Tuesday	
Looking For:	_	
Looking For:	esday	
	Wednesday	
Grateful For:		
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	Thursday	
	Thu	
Post-week Notes:		
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	Friday	
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	Saturday	
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	lay	
	Sunday	

Week 28	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 28	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 29	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores				
М	0				
IVI	0				
Tu	○ Clean bathroom sinks				
Tu	○ Clean toilets				
W	○ Clean bathtub				
VV	○ Pickup floor ○ Dust				
Th	○ Vacuum				
111	○ Kitchen floor				
F	○ Clear off DR table				
Г	○ Clean office				
Sa	○ Meal planning				
Sa	○ Grocery planning				
Su	○ Grocery shopping				
Su	○ Meal prep				

Week 29 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
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	Monday	
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Hoping For:	Tuesday	
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Looking For:	sday	
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Grateful For:		
	lay	
	Thursday	
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Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 29	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 29	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 30	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
1	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 30 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
	~	
	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
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	Saturday	
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	Sunday	

Week 30	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 30	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
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	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
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	☐ AP ☐ Pd ☐ X	

Week 31	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores									
М	0									
IVI	0									
Tu	○ Clean bathroom sinks									
Tu	○ Clean toilets									
W	○ Clean bathtub									
VV	○ Pickup floor ○ Dust									
Th	○ Vacuum									
111	○ Kitchen floor									
F	○ Clear off DR table									
Г	○ Clean office									
Sa	○ Meal planning									
Sa	○ Grocery planning									
Su	○ Grocery shopping									
Su	○ Meal prep									

Week 31	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	ay	
	Sunday	

Week 31	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
		0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 31	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 32	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores									
М	0									
IVI	0									
Tu	○ Clean bathroom sinks									
Tu	○ Clean toilets									
W	○ Clean bathtub									
VV	○ Pickup floor ○ Dust									
Th	○ Vacuum									
111	○ Kitchen floor									
F	○ Clear off DR table									
Г	○ Clean office									
Sa	○ Meal planning									
Sa	○ Grocery planning									
C	○ Grocery shopping									
Su	○ Meal prep									

Week 32	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
	ay	
	Monday	
	V	
**	day	
Hoping For:	Tuesday	
Looking For:	_	
Looking For:	esday	
	Wednesday	
Grateful For:		
	_	
	Thursday	
	Thu	
Post-week Notes:		
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	Friday	
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	lay	
	Saturday	
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	lay	
	Sunday	

Week 32	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 32	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 33	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
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0
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0

Day	Chores						
М	0						
IVI	0						
Tu	○ Clean bathroom sinks						
Tu	○ Clean toilets						
W	○ Clean bathtub						
VV	○ Pickup floor ○ Dust						
Th	○ Vacuum						
111	○ Kitchen floor						
F	○ Clear off DR table						
Г	○ Clean office						
Sa	○ Meal planning						
Sa	○ Grocery planning						
Su	○ Grocery shopping						
Su	○ Meal prep						

Week 33 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
	~	
	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	ay	
	Saturday	
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	ay	
	Sunday	

Week 33	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 33	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	\square AP \square Pd \square X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 34	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
0
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0
0
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0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 34 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
	ay	
	Monday	
	V	
**	day	
Hoping For:	Tuesday	
Looking For:	_	
Looking For:	esday	
	Wednesday	
Grateful For:		
	_	
	Thursday	
	Thu	
Post-week Notes:		
	_	
	Friday	
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	Saturday	
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	lay	
	Sunday	

Week 34	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 34 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov D	Week 34	2024 Jan	Feb Mai	Apr M	[ay Jun	Jul Aug	Sep Oc	t Nov De	2C
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 35	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 35	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 35	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 35	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 36	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	

Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
	0
Tu	○ Clean bathroom sinks
	○ Clean toilets
W	○ Clean bathtub
	○ Pickup floor ○ Dust
Th	○ Vacuum
	○ Kitchen floor
F	○ Clear off DR table
	○ Clean office
Sa	○ Meal planning
	○ Grocery planning
Su	○ Grocery shopping
	○ Meal prep

Week 36	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log	g:
	ay	
	Monday	
	V	
**	day	
Hoping For:	Tuesday	
Looking For:	_	
Looking For:	esday	
	Wednesday	
Grateful For:		
	_	
	Thursday	
	Thu	
Post-week Notes:		
	_	
	Friday	
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	lay	
	Saturday	
	Sè	
	lay	
	Sunday	

Week 36	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 36	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 37	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 37	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Lo	g:
	ıy	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	day	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	13	
	Friday	
	day	
	Saturday	
	S	
	ay	
	Sunday	
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Week 37	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 37 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov De	Week 37	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 38	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
0
0
0
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0
0
0
0
0
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0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 38 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
	H	
	ay	
	Saturday	
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	ay	
	Sunday	

Week 38	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 38	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 39	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
0
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0
0
0
0
0
0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 39 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ry.	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	sday	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 39	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 39	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 40	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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0
0
0
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0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 40 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
	H	
	ay	
	Saturday	
	Sa	
	Sunday	

Week 40	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
3.5	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 40	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 41	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 41 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
	~	
	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
	H	
	ay	
	Saturday	
	Sa	
	Sunday	

Week 41	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 41 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	Week 41	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 42	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 42 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ry.	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	sday	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 42	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 42	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 43	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
1	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 43 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ау	
	Monday	
	~	
	ay	
Hoping For:	Tuesday	
	Л	
Looking For:	sday	
	Wednesday	
	M	
Grateful For:		
	day	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	lay	
	Sunday	

Week 43	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 43	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 44	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 44 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 44	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 44	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 45	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
T'	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 45 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Log	g:
	ıy	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	L	
Looking For:	sday	
	Wednesday	
	M	
Grateful For:		
	day	
	Thursday	
	I	
Post-week Notes:		
	ay	
	Friday	
	Saturday	
	Satu	
	Sunday	
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Week 45	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 45	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
_	□ AP □ Pd □ X	
Sat		
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 46	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores						
М	0						
IVI	0						
Tu	○ Clean bathroom sinks						
Tu	○ Clean toilets						
W	○ Clean bathtub						
VV	○ Pickup floor ○ Dust						
Th	○ Vacuum						
111	○ Kitchen floor						
F	○ Clear off DR table						
Г	○ Clean office						
Sa	○ Meal planning						
Sa	○ Grocery planning						
Su	○ Grocery shopping						
Su	○ Meal prep						

Week 46 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ry.	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	sday	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 46	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 46	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 47	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 47	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Pre-week Notes:	Lo	g:
	ay	
	Monday	
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	lay	
Hoping For:	Tuesday	
Lastina Pari		
Looking For:	Wednesday	
	Vedn	
Grateful For:		
Graterial For.		
	Thursday	
	Thu	
Post-week Notes:		
	Friday	
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	Saturday	
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	Sunday	

Week 47	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 47	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 48	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores					
М	0					
IVI	0					
Tu	○ Clean bathroom sinks					
Tu	○ Clean toilets					
W	○ Clean bathtub					
VV	○ Pickup floor ○ Dust					
Th	○ Vacuum					
111	○ Kitchen floor					
F	○ Clear off DR table					
Г	○ Clean office					
Sa	○ Meal planning					
Sa	○ Grocery planning					
C	○ Grocery shopping					
Su	○ Meal prep					

Week 482024JanFebMarAprMayJunJulAugSepOctNovDec

Pre-week Notes:	Log	g:
	ay	
	Monday	
	V	
**	day	
Hoping For:	Tuesday	
Looking For:	_	
Looking For:	esday	
	Wednesday	
Grateful For:		
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	Thursday	
	Thu	
Post-week Notes:		
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	Friday	
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Week 48	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 48	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 49	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
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Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
Su	○ Grocery shopping
Su	○ Meal prep

Week 49 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	ry.	
	Monday	
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	ay	
Hoping For:	Tuesday	
	I	
Looking For:	sday	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 49	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 49	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 50	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
0
0
0
0
0
0
0
0
0
0
0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 50	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Pre-week Notes:	Lo	g:
	ıy	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	day	
	Wednesday	
	We	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	13	
	Friday	
	day	
	Saturday	
	ay	
	Sunday	
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Week 50	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 50	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	

Week 51	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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0
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0
0

Day	Chores	
М	0	
IVI	0	
Tu	○ Clean bathroom sinks	
Tu	○ Clean toilets	
W	○ Clean bathtub	
VV	○ Pickup floor ○ Dust	
Th	○ Vacuum	
111	○ Kitchen floor	
F	○ Clear off DR table	
Г	○ Clean office	
C.	○ Meal planning	
Sa Orocery planning		
○ Grocery shopping		
Su	○ Meal prep	

Week 51	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Pre-week Notes:	Log	g:
	ıy	
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	L	
Looking For:	sday	
	Wednesday	
	M	
Grateful For:		
	day	
	Thursday	
	I	
Post-week Notes:		
	ay	
	Friday	
	Saturday	
	Satu	
	Sunday	
	Sur	

Week 51	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 51	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 52	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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0
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0
0
0
0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 52	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log:
	Monday
Hoping For:	Tuesday
Looking For:	Wednesday
Grateful For: Post-week Notes:	Thursday
	Friday
	Saturday
	Sunday

Week 52	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	O Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
		\bigcirc
	○ Finances for next week	○ ○ Read
C	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 52	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Mon	□AP □Pd □X	
	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
Tue	□ AP □ Pd □ X	
	□AP □Pd □X	
	□AP □Pd □X	
	□AP □Pd □X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	

Week 53	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
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0
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0

Day	Chores				
М	0				
IVI	0				
Tu	○ Clean bathroom sinks				
Tu	○ Clean toilets				
W	○ Clean bathtub				
VV	○ Pickup floor ○ Dust				
Th	○ Vacuum				
111	○ Kitchen floor				
F	○ Clear off DR table				
Г	○ Clean office				
Sa	○ Meal planning				
Sa	○ Grocery planning				
Su	○ Grocery shopping				
Su	○ Meal prep				

Week 53	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Pre-week Notes:	Log:	
	Monday	
Hoping For:	Tuesday	
Looking For:	Wednesday	
Grateful For: Post-week Notes:	Thursday	
	Friday	
	Saturday	
	Sunday	

Week 53	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	○ Mail	○ ○ Read
	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
	0	0
	○ Finances for next week	○ ○ Read
	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 53	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Tue	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Wed	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Thu	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Fri	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
Sun	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	

Week 54	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Yearly Goal	Monthly Goal	Weekly Activities

Tasks this week
0
0
0
0
0
0
0
0
0
0
0
0
0
0

Day	Chores
М	0
IVI	0
Tu	○ Clean bathroom sinks
Tu	○ Clean toilets
W	○ Clean bathtub
VV	○ Pickup floor ○ Dust
Th	○ Vacuum
111	○ Kitchen floor
F	○ Clear off DR table
Г	○ Clean office
Sa	○ Meal planning
Sa	○ Grocery planning
C	○ Grocery shopping
Su	○ Meal prep

Week 54 2024 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pre-week Notes:	Lo	g:
	Monday	
	2	
	ay	
Hoping For:	Tuesday	
	I	
Looking For:	sday	
	Wednesday	
	W	
Grateful For:		
	lay	
	Thursday	
	T	
Post-week Notes:		
	ay	
	Friday	
	day	
	Saturday	
	day	
	Sunday	

Week 54	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
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Day	Tasks Today	Goal Steps
	0	○ Read
	0	○ ○ Exercise
Mon	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Tue	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Wed	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Thu	0	○ ○ Create
	0	0
	0	0
	0	○ Read
	0	○ ○ Exercise
Fri	0	○ ○ Create
	0	0
	0	0
	O Mail	○ ○ Read
a .	0	○ ○ Exercise
Sat	0	○ ○ ○ Create
	0	0
		\bigcirc
	○ Finances for next week	○ ○ Read
C	○ Goals/Activities for next week	○ ○ Exercise
Sun	0	○ ○ ○ Create
	0	0
	0	0

Week 54	2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Day	Finances	Health
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	
Mon	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Tue	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Wed	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Thu	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Fri	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
Sat	☐ AP ☐ Pd ☐ X	
	☐ AP ☐ Pd ☐ X	
	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	
Sun	□ AP □ Pd □ X	
	□ AP □ Pd □ X	
	☐ AP ☐ Pd ☐ X	