

DATE:	Weekly Goal:	
Daily Intention:		
<i>(What is the most important job to get done today. Go beyond distractions.)</i>		
<b>Appointments/ To-Do:</b>	<b>Daily Power Do's:</b>	Monitor
<input type="checkbox"/>	<input type="checkbox"/> Make Bed	<b>Exercise</b> # minutes
<input type="checkbox"/>	<input type="checkbox"/> Exercise	<b>Sleep</b> # hours
<input type="checkbox"/>	<input type="checkbox"/> Read	<b>Water</b> # oz
<input type="checkbox"/>	<input type="checkbox"/>	<b>Fuel/ Food</b> Macros
I am grateful today for:		<b>Mindset</b>
1.	<input type="checkbox"/>	<input type="checkbox"/> Open
2.	<input type="checkbox"/>	<input type="checkbox"/> Positive
3.		<input type="checkbox"/> Expectant
What worked this week:		<input type="checkbox"/>
What got in the way of you achieving your goals?		<input type="checkbox"/>
		<input type="checkbox"/>
What is next for you tomorrow?		