

# ATHLETE GOAL JOURNAL

Tap into your Potential

**ONTARIO**   
**ARTISTIC**   
**SWIMMING**

never let a  
STUMBLE IN THE ROAD  
BE THE END OF THE  
journey

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	20	22	23	24	25
26	27	28	29	30	1	2

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

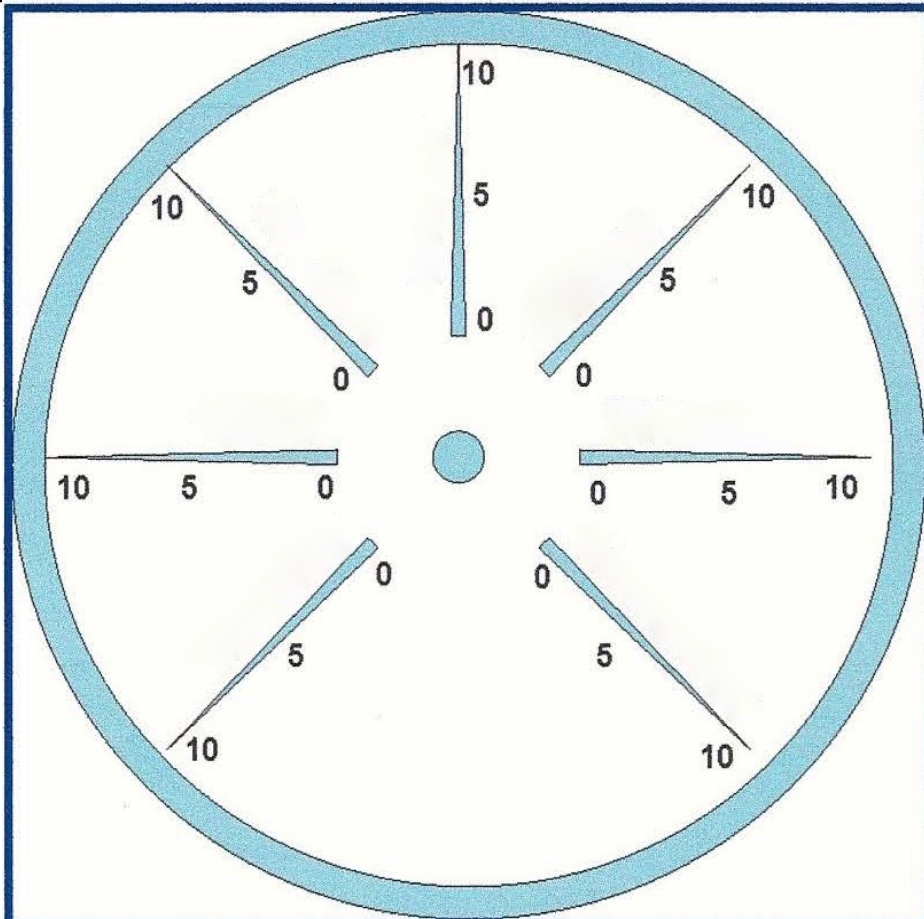
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



My Weekly **REVIEW** and Reflection

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

## MONDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## TUESDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## WEDNESDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## THURSDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## FRIDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## SATURDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## SUNDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## WEEKLY REFLECTION

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

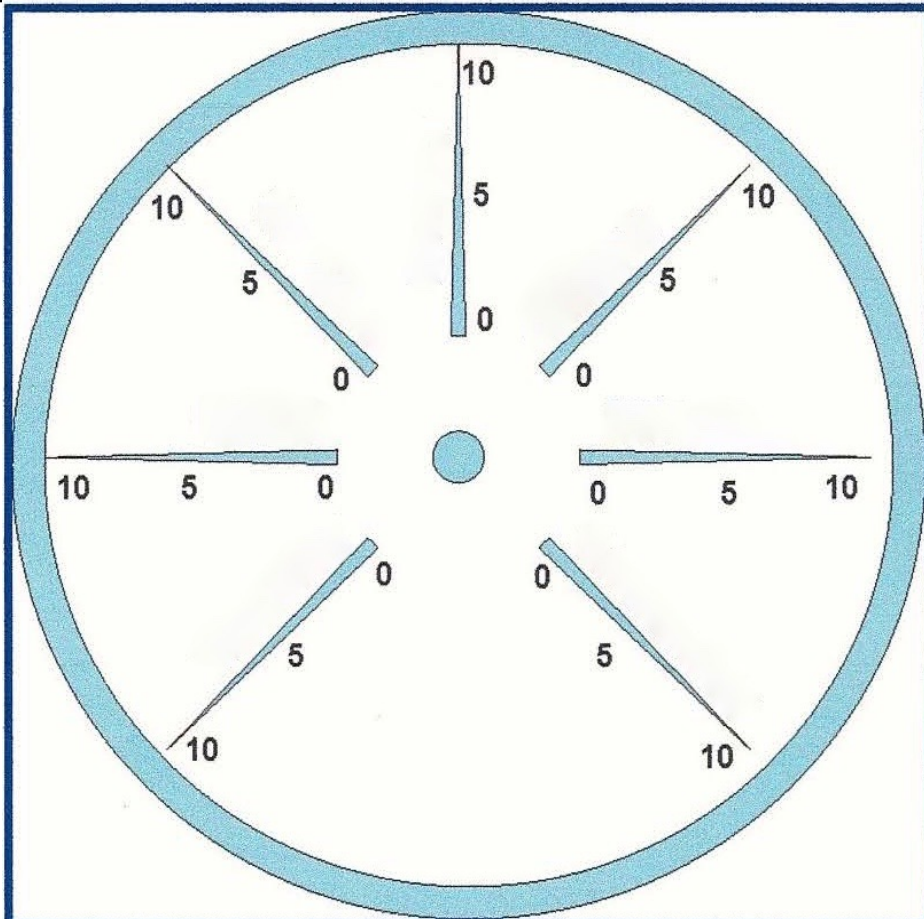
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP



*My Weekly* **SCHEDULE** *at-a-glance*

<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						
<b>MORNING</b>						
<b>AFTERNOON</b>						
<b>EVENING</b>						

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

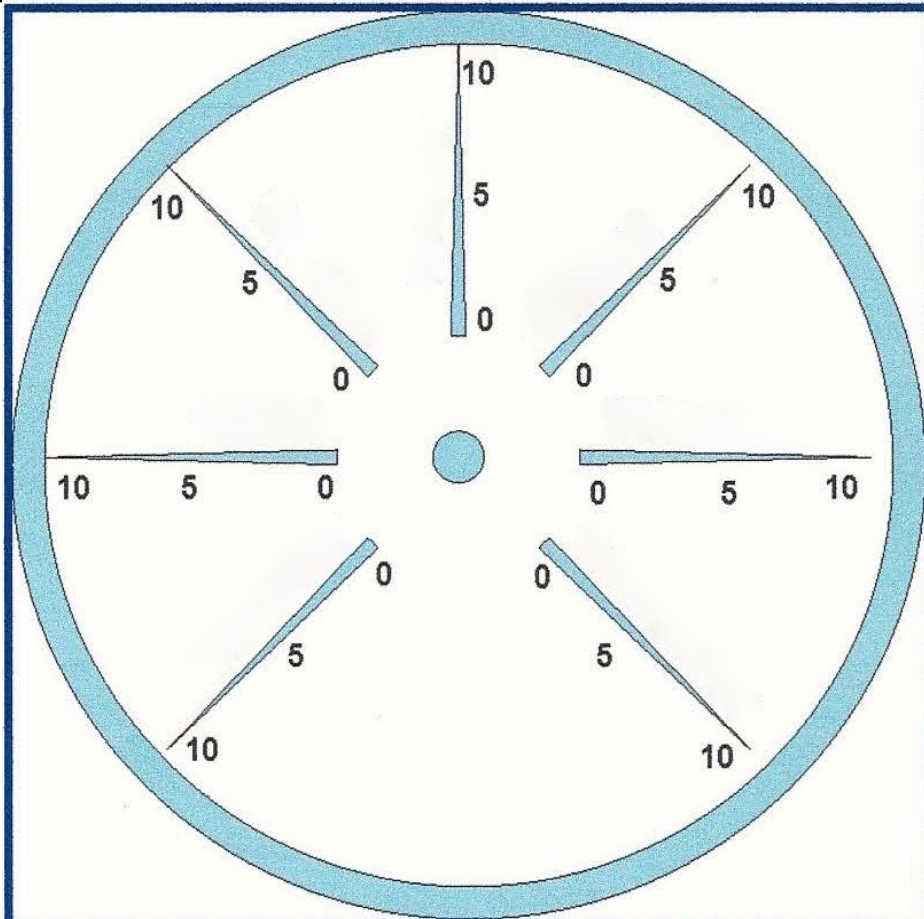
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
**PROGRESS I MADE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
**PROGRESS I DIDN'T MAKE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

● WEEK OF:

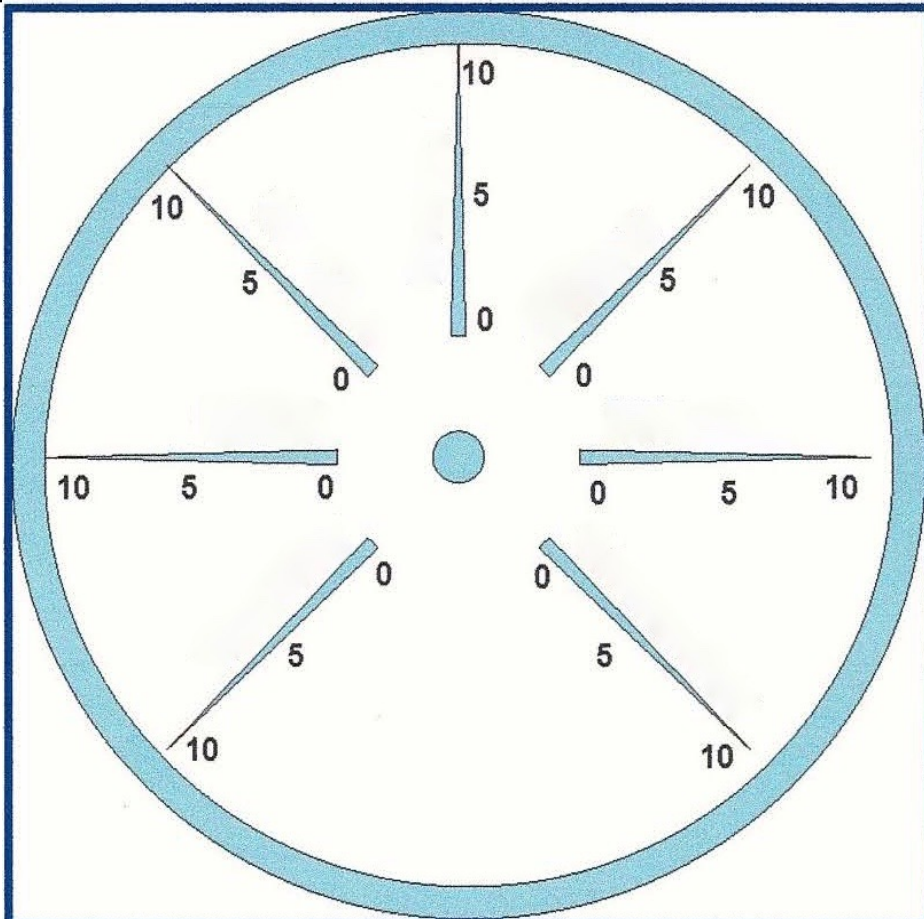


# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

## MONDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## TUESDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## WEDNESDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## THURSDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## FRIDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## SATURDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## SUNDAY

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

### healthy habits

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

## WEEKLY REFLECTION

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

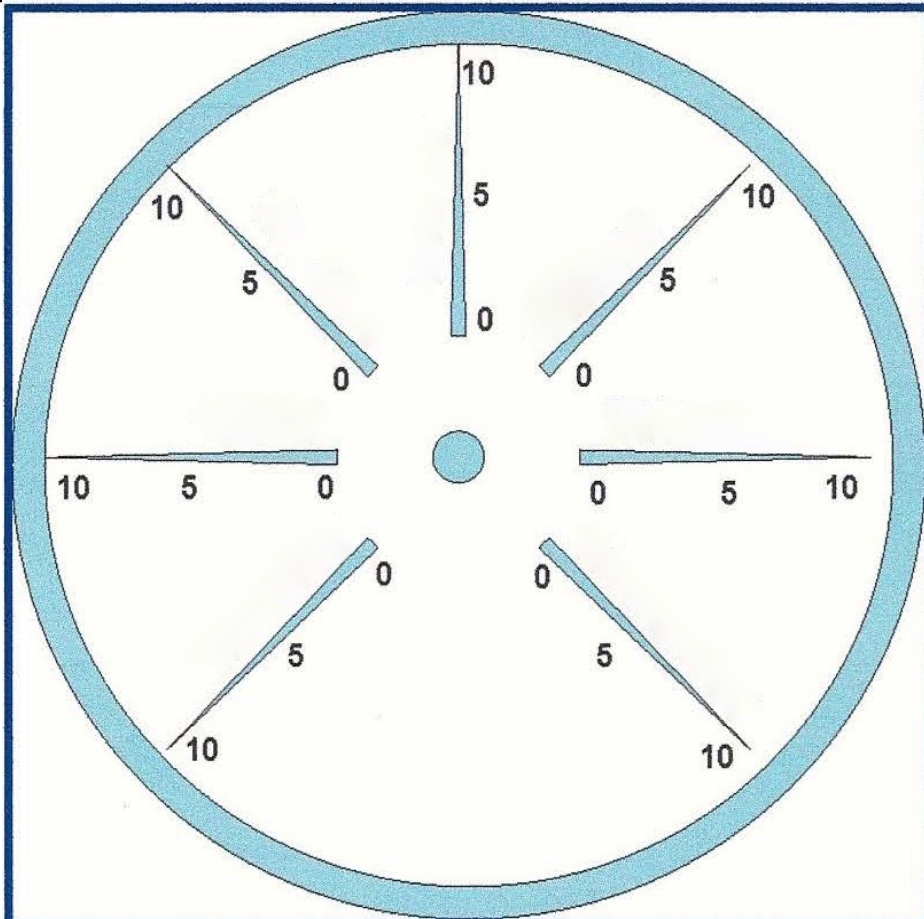
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

“

**OBSTACLES** don't  
have to stop you. If you  
run into a wall, don't  
turn around and give up.  
Figure out how to *climb*  
*it, go through it, or work*  
*around it.*

- MICHAEL JORDAN



# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31	1	2	3	4	5	6

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*  
~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

My Weekly **WORKOUT** Plan

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

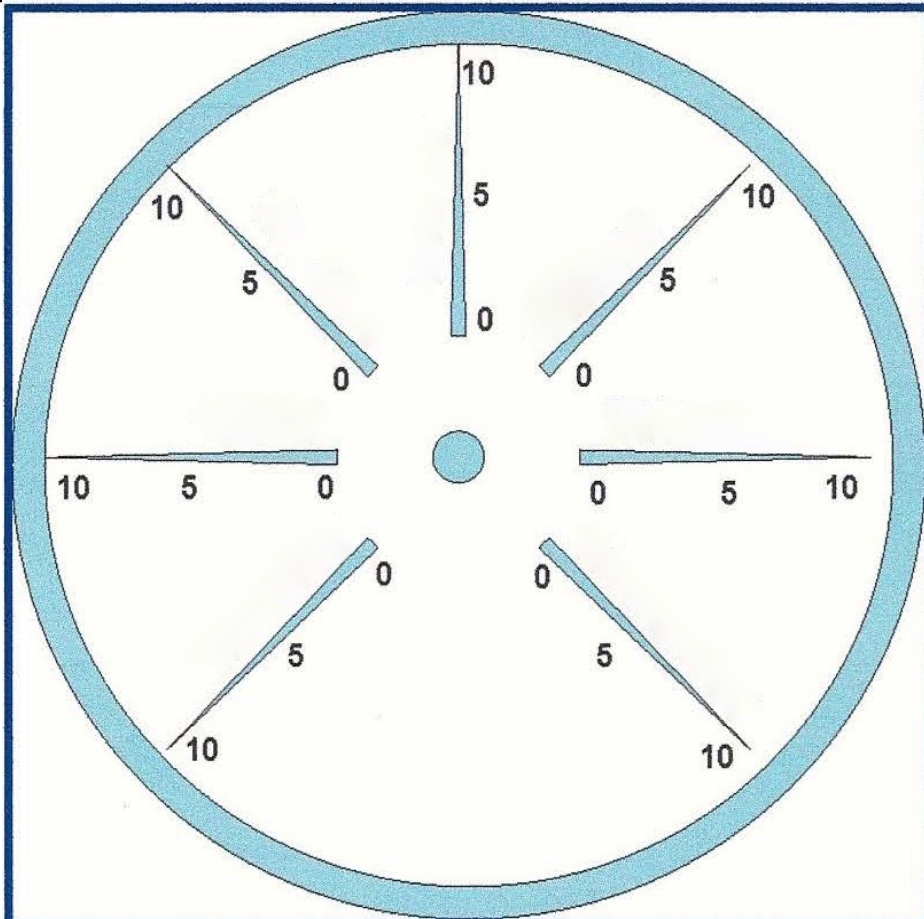
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



My Weekly **REVIEW** and Reflection

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

# My Weekly **WORKOUT** Plan

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

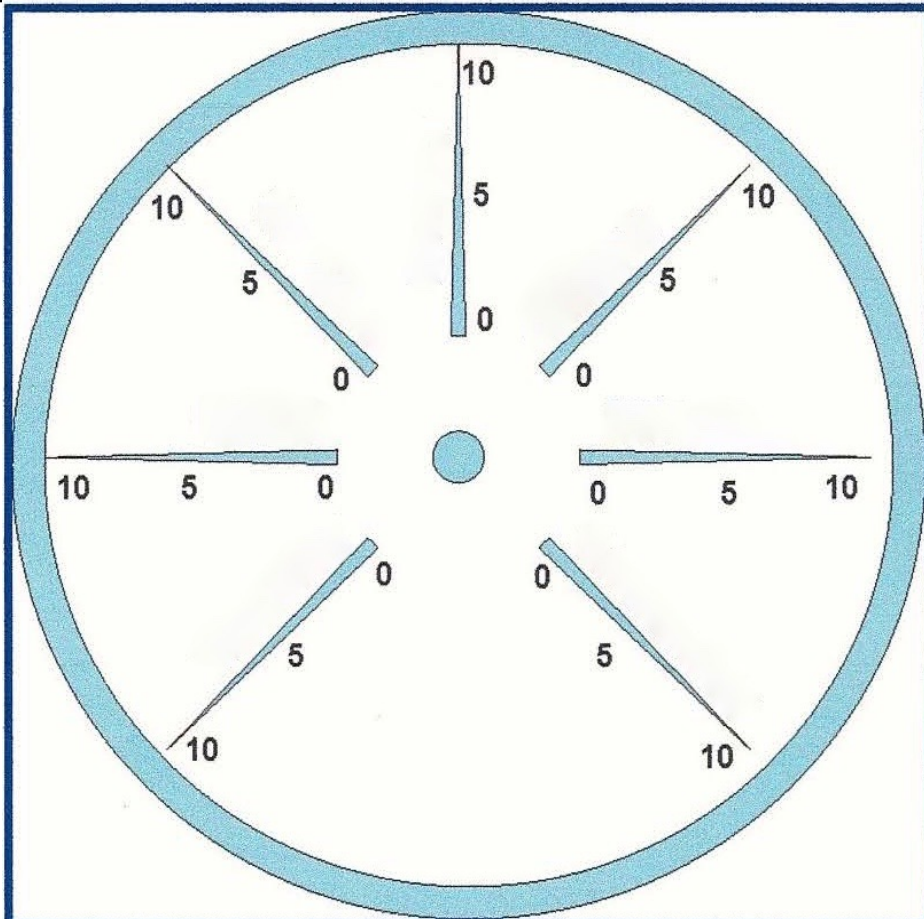
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:



*My Weekly* **SCHEDULE** *at-a-glance*

<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						
<b>MORNING</b>						
<b>AFTERNOON</b>						
<b>EVENING</b>						

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

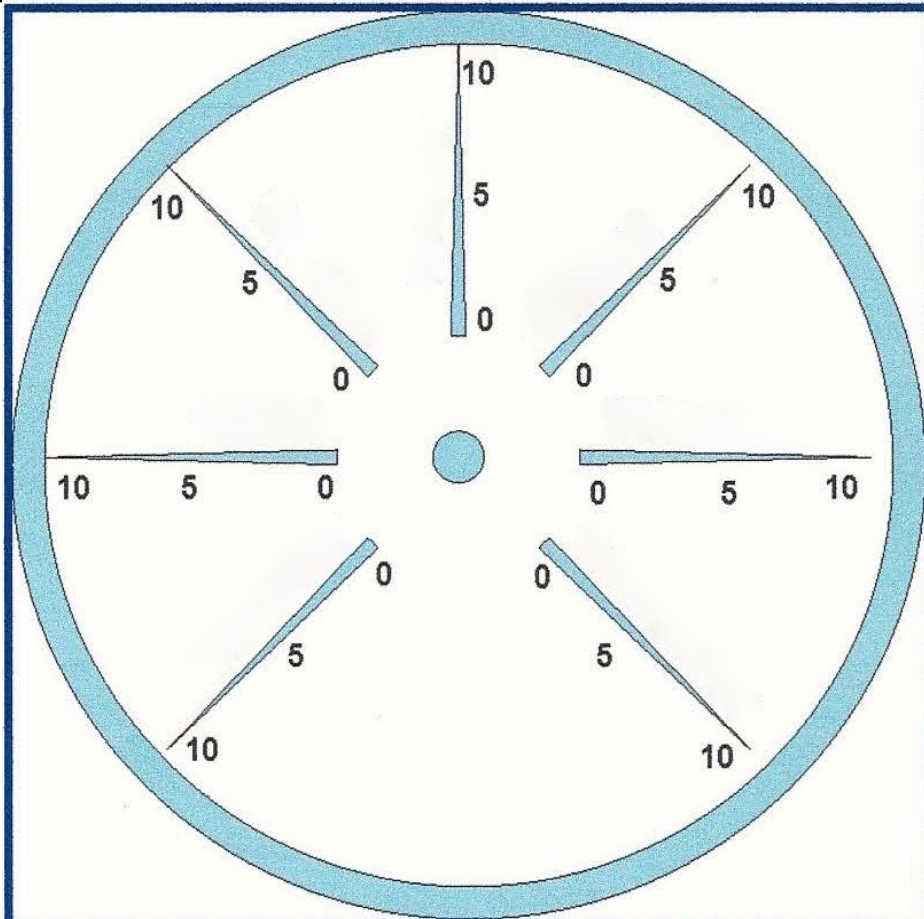
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

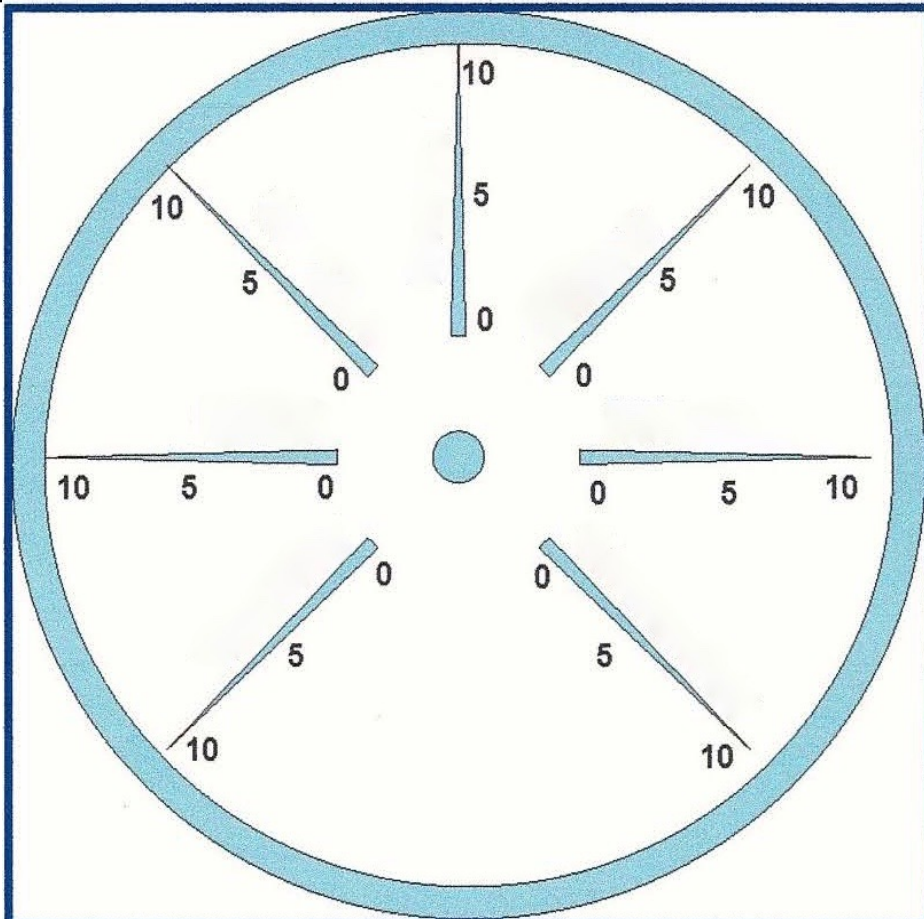


# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My* Weekly **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

“

The hard days  
are what make  
you *stronger*.

- ALY RAISMAN



# June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
					Independence Day (observed)	Independence Day

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*  
~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

● WEEK OF:

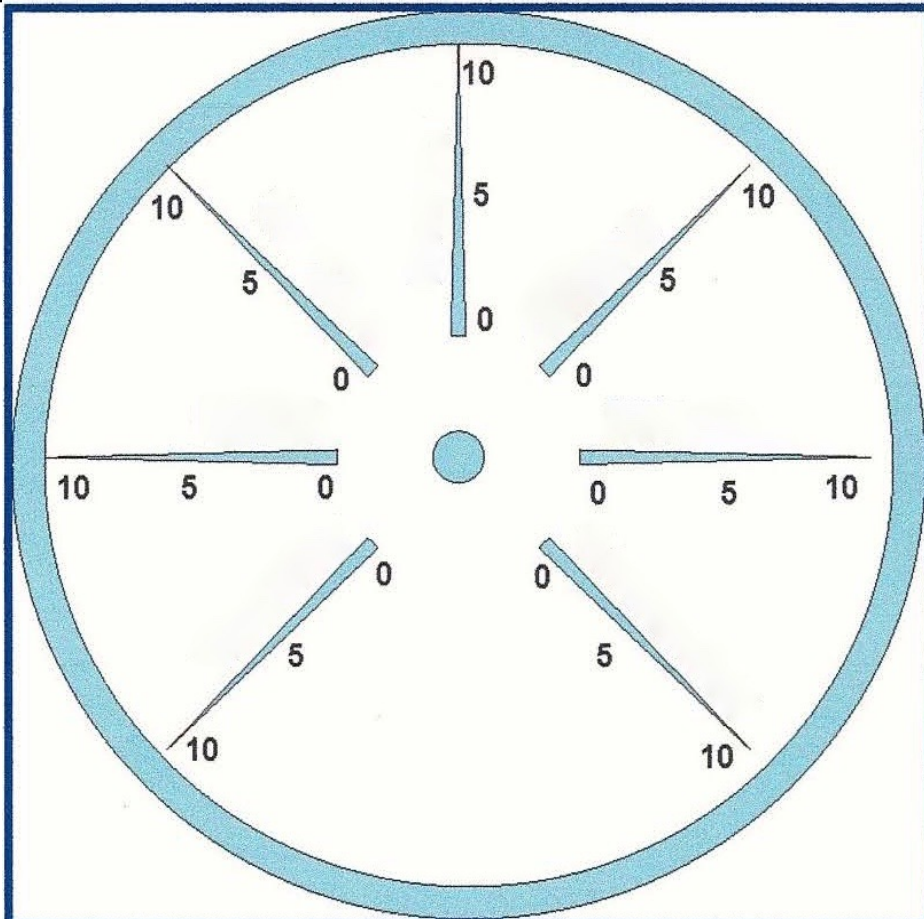


# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
**PROGRESS I MADE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
**PROGRESS I DIDN'T MAKE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

**● WEEK OF:**

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

# My Weekly **WORKOUT** Plan

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

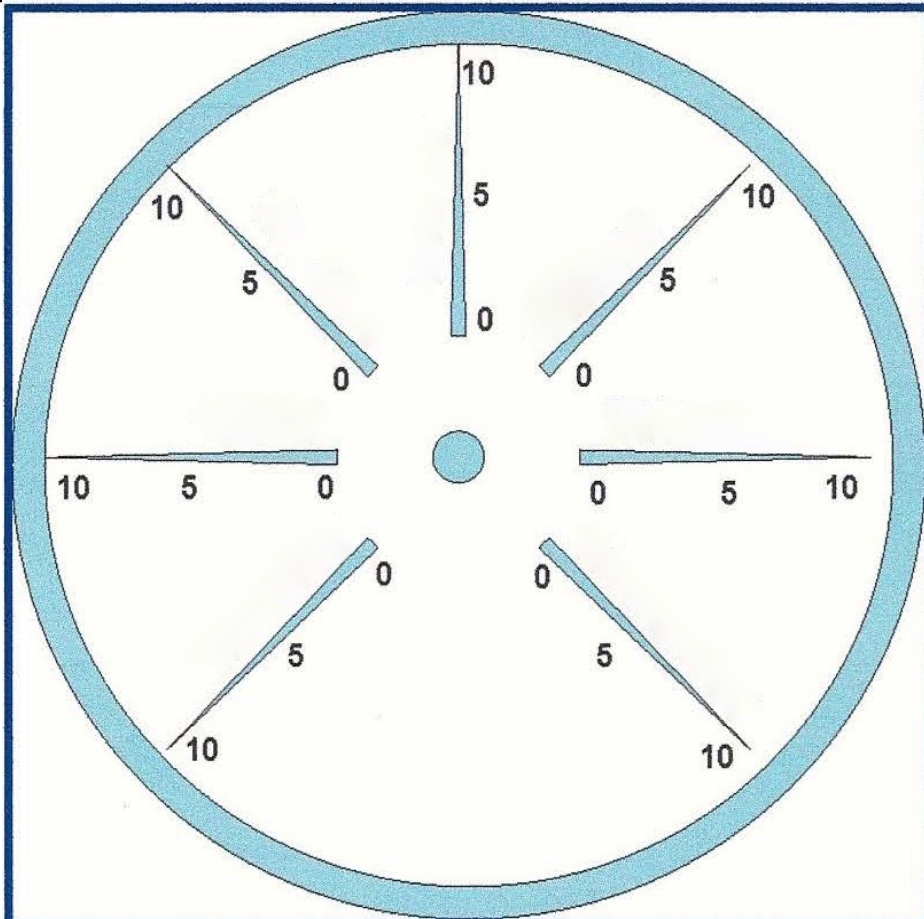
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



My Weekly **REVIEW** and Reflection

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

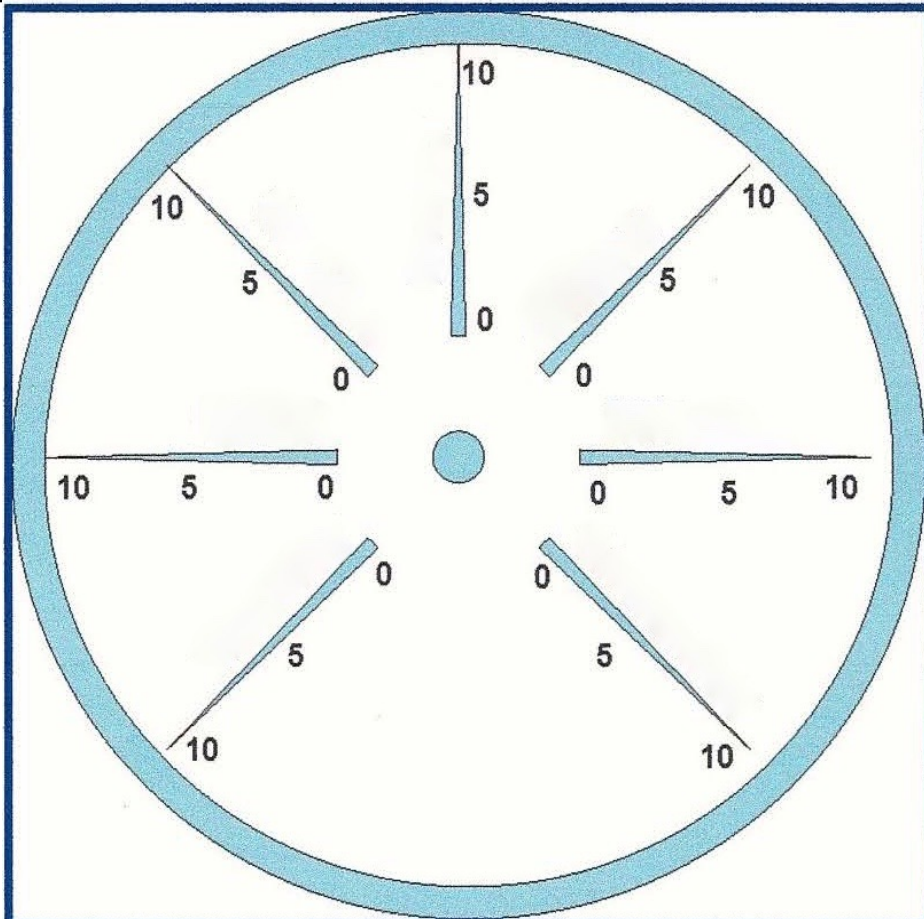
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:



*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

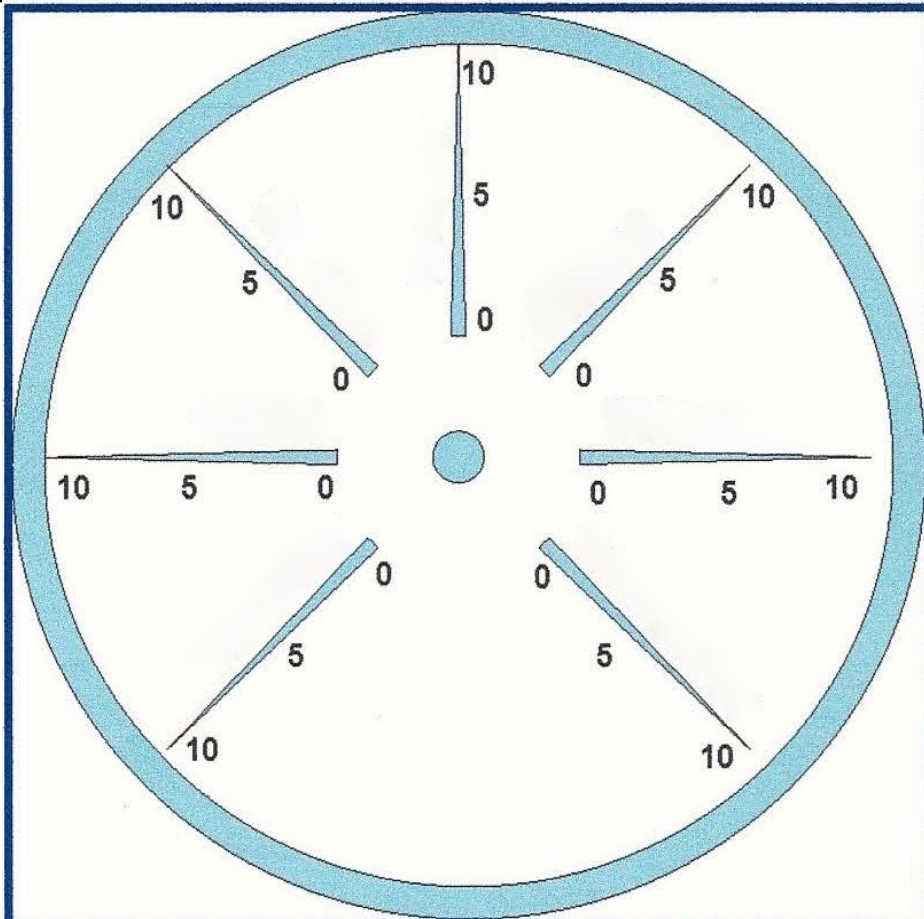
---

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

“

**I've worked TOO  
HARD and too  
long to let anything  
stand in the way  
of my goals.**

**- MIA HAMM**



# July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3 Independence Day (observed)	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:



*My Weekly* **SCHEDULE** *at-a-glance*

<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						
<b>MORNING</b>						
<b>AFTERNOON</b>						
<b>EVENING</b>						

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---



---



---



---



---



---



---



---



---



---



---



---

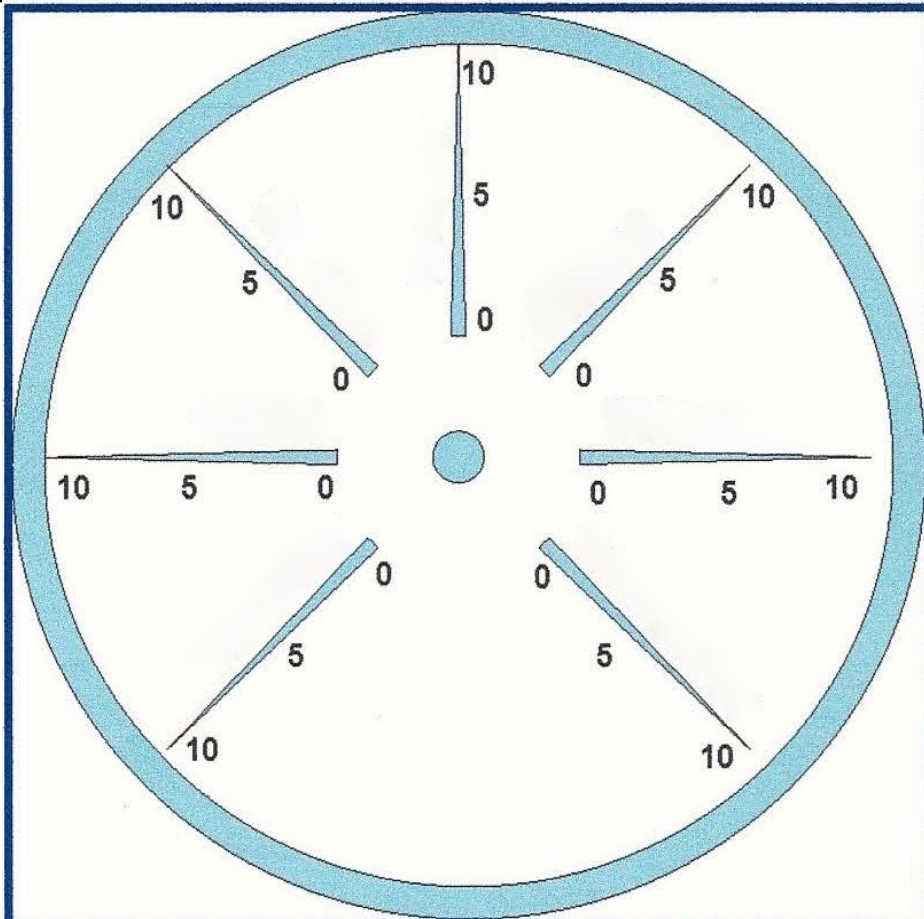
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

**MONDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**TUESDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**WEDNESDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**THURSDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**FRIDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**SATURDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**SUNDAY**  
TIME:  
**cardio**  
TYPE:  
LENGTH:  
**resistance**  
TYPE:  
**healthy habits**  
 STRETCHING  
 CLEAN EATING  
 WATER (8 - 8 OZ)

**WEEKLY REFLECTION**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

● WEEK OF:

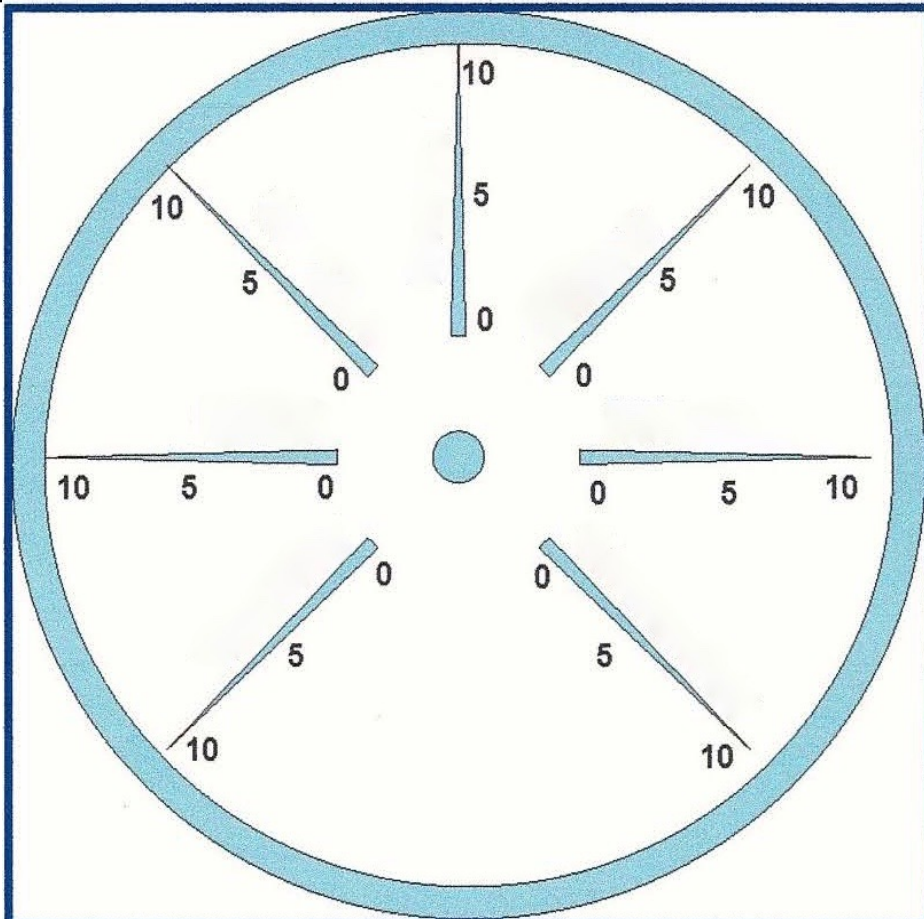


# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

# *My Weekly* **WORKOUT** *Plan*

<p><b>MONDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>TUESDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>WEDNESDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>THURSDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p><b>FRIDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>SATURDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>SUNDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>WEEKLY REFLECTION</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------

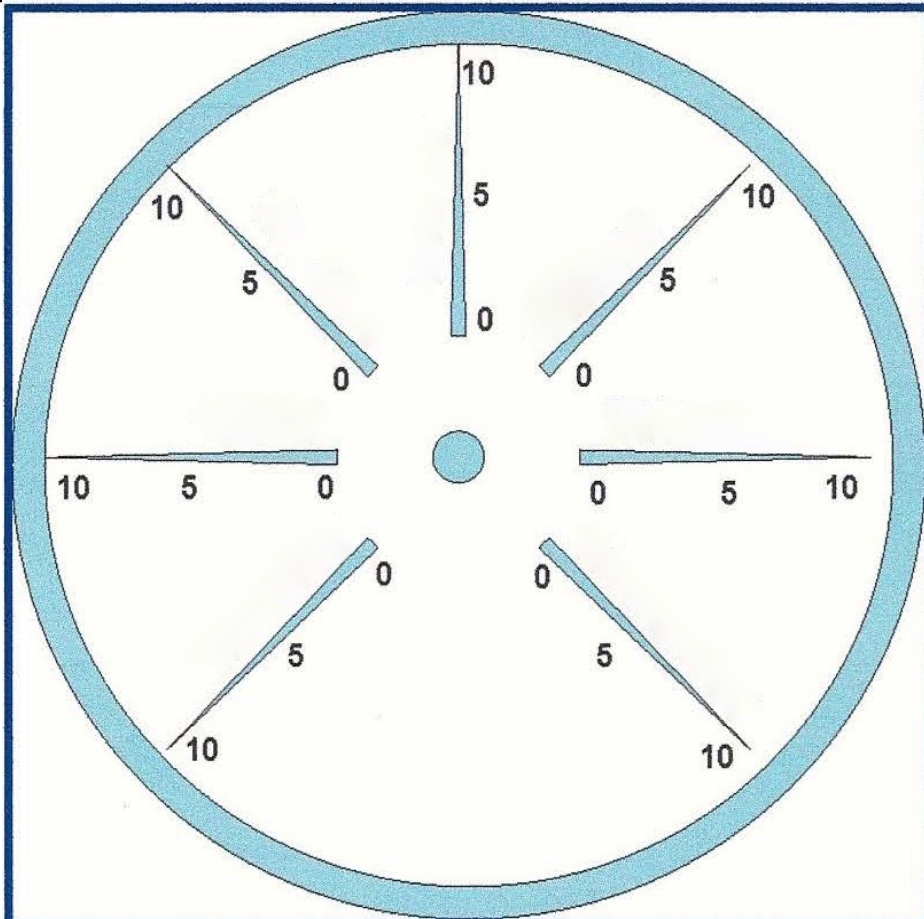
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

---

.....  
**PROGRESS I MADE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
**PROGRESS I DIDN'T MAKE THIS WEEK**  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

*My Weekly* **SCHEDULE** *at-a-glance*

<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						
<b>MORNING</b>						
<b>AFTERNOON</b>						
<b>EVENING</b>						

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

<p><b>MONDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>TUESDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>WEDNESDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>THURSDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p><b>FRIDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>SATURDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>SUNDAY</b></p> <p>TIME:</p> <p><b>cardio</b></p> <p>TYPE:</p> <p>LENGTH:</p> <p><b>resistance</b></p> <p>TYPE:</p> <p><b>healthy habits</b></p> <p><input type="checkbox"/> STRETCHING</p> <p><input type="checkbox"/> CLEAN EATING</p> <p><input type="checkbox"/> WATER (8 - 8 OZ)</p> <p><input type="checkbox"/></p>	<p><b>WEEKLY REFLECTION</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------

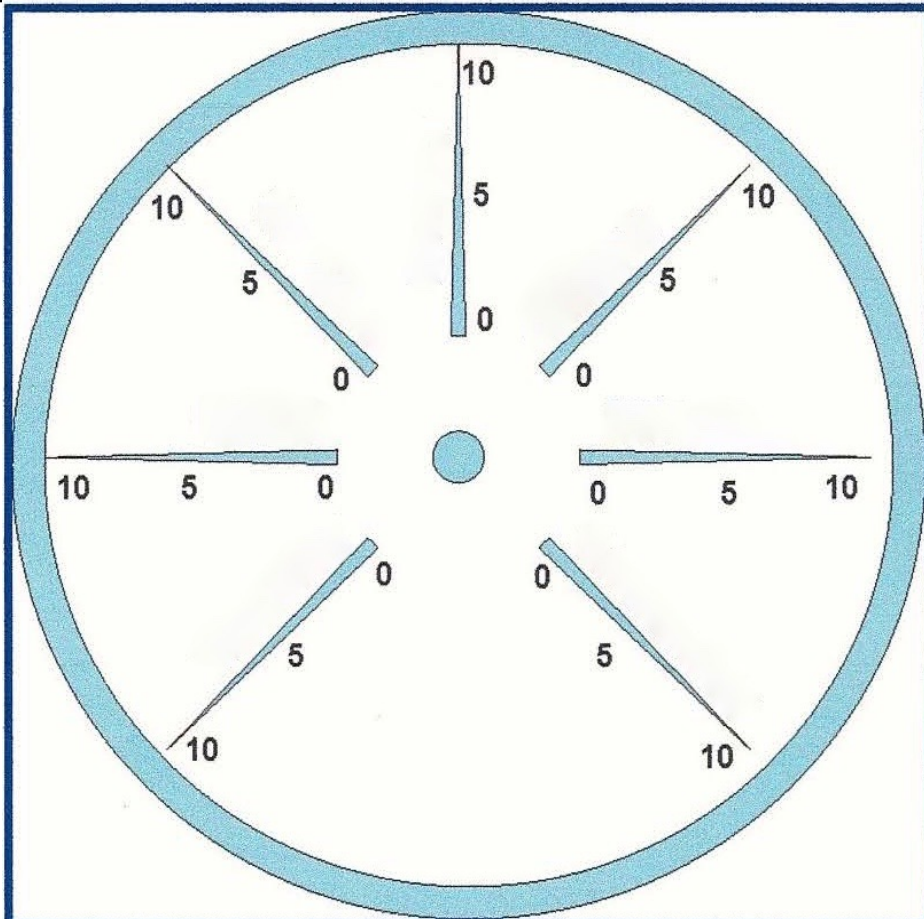
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



My Weekly **REVIEW** and Reflection

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:



*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---



---



---



---



---



---



---



---



---



---



---

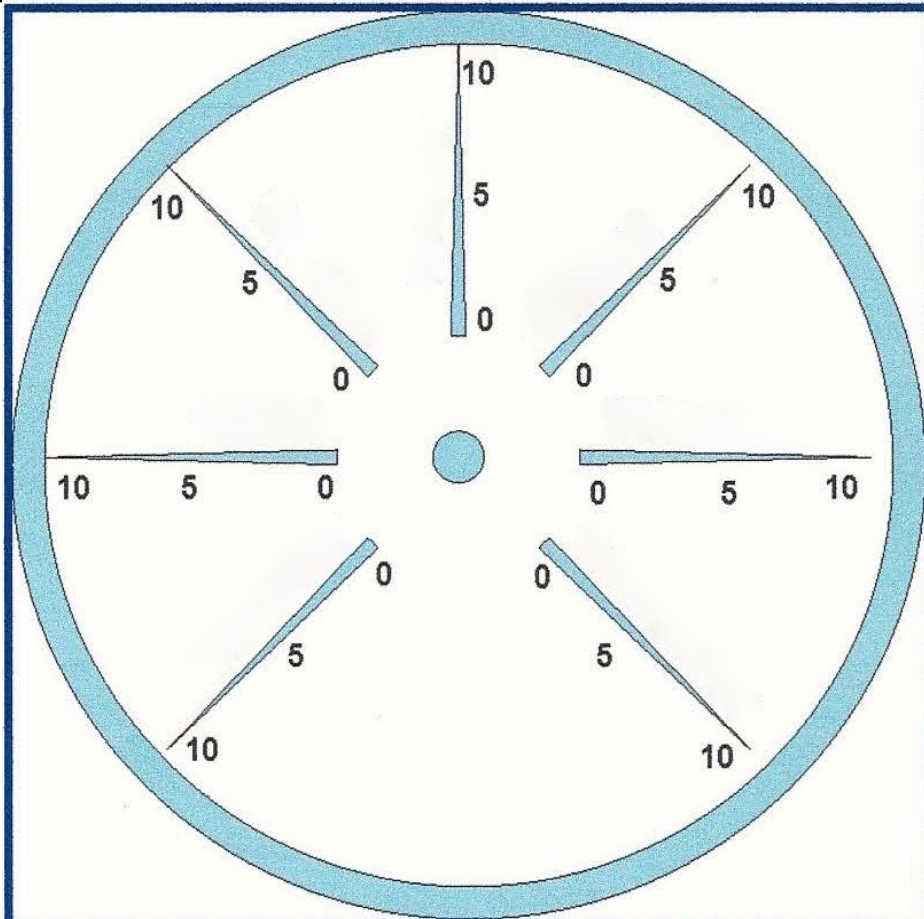
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

**TOUGH  
TIMES**

don't last

**TOUGH  
TEAMS  
DO**

# August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*  
~ Nelson Mandela

NEXT STEP

● WEEK OF:



*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---



---



---



---



---



---



---



---



---



---



---

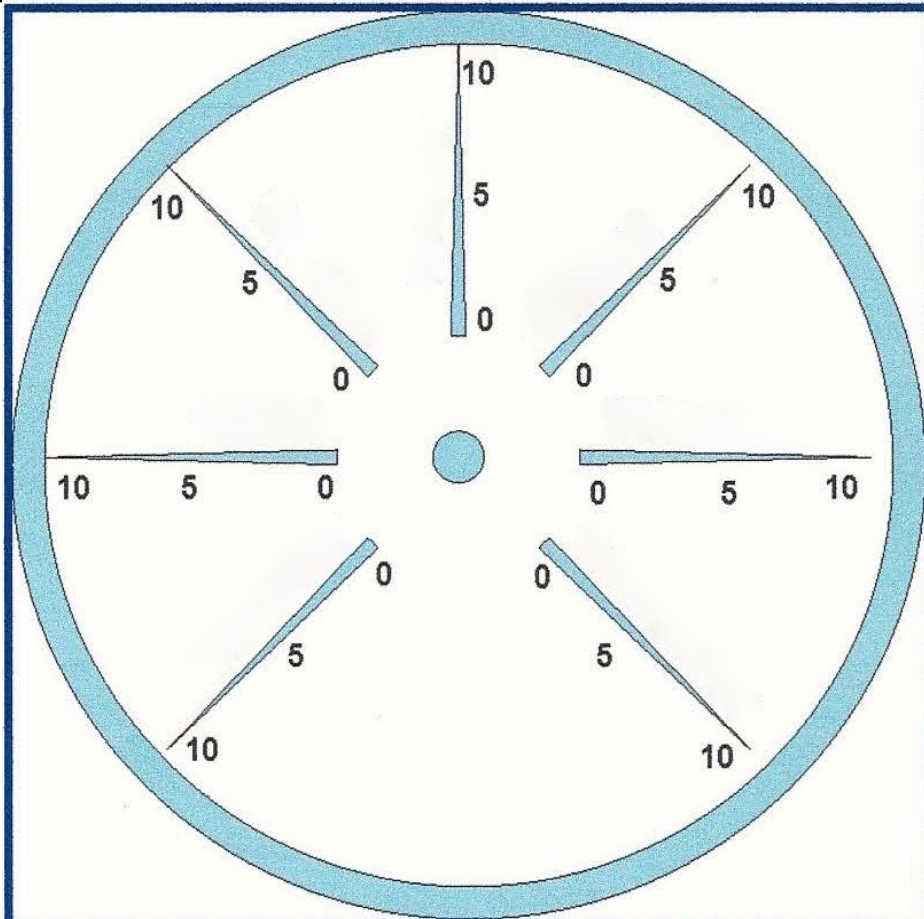
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

- STRETCHING
- CLEAN EATING
- WATER (8 - 8 OZ)
- 

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

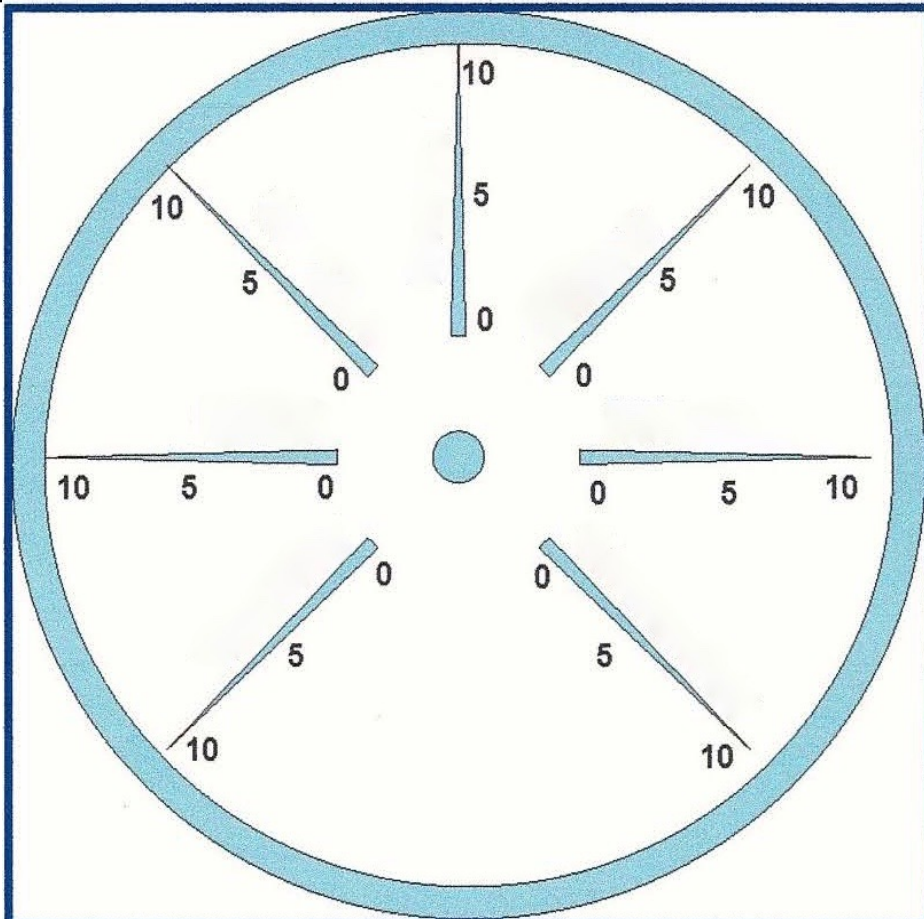


# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:

LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>MORNING</b>							
<b>AFTERNOON</b>							
<b>EVENING</b>							

● WEEK OF:

My Weekly **WORKOUT** Plan

<b>MONDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>TUESDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>WEDNESDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>THURSDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>FRIDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>SATURDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>SUNDAY</b> TIME: <b>cardio</b> TYPE: LENGTH: <b>resistance</b> TYPE: <b>healthy habits</b> <input type="checkbox"/> STRETCHING <input type="checkbox"/> CLEAN EATING <input type="checkbox"/> WATER (8 - 8 OZ) <input type="checkbox"/>	<b>WEEKLY REFLECTION</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------

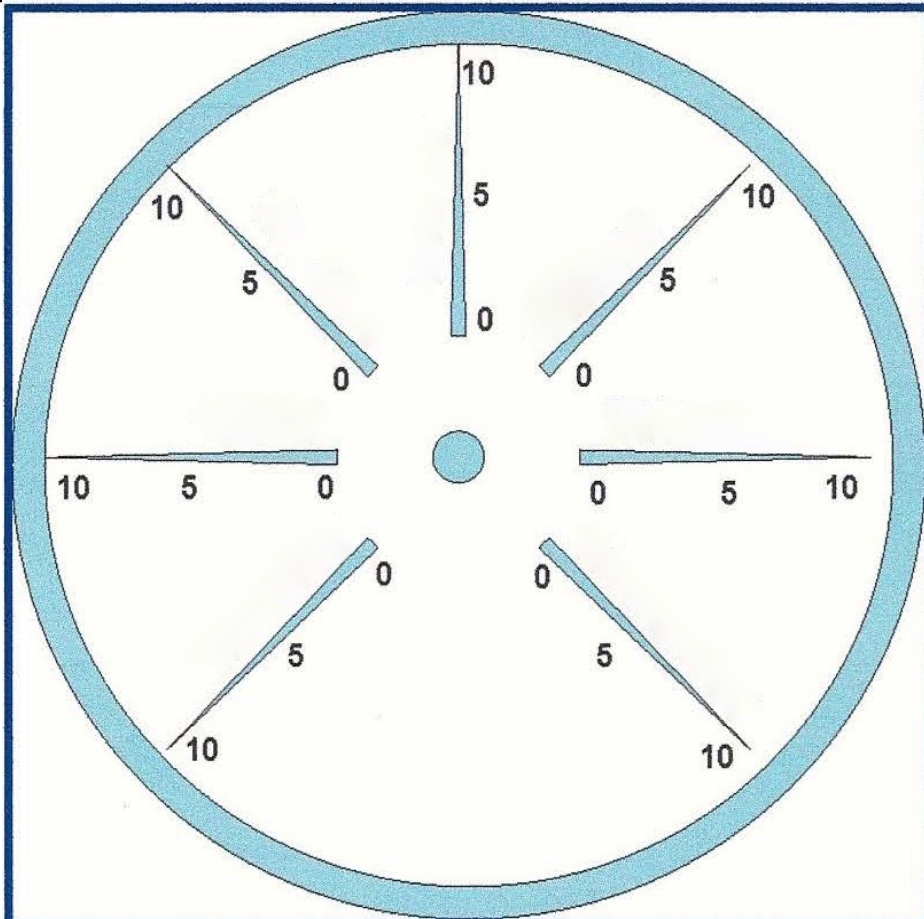
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



LIMITED / NEGATIVE THOUGHTS I'VE HAD THIS WEEK

---

---

---

---

---

---

---

---

---

---

---

---

UNLIMITED / POSITIVE THOUGHTS I CAN TRY INSTEAD

---

---

---

---

---

---

---

---

---

---

---

---

*"If you change the way you look at things the things you look at change."*

-Wayne Dyer

● WEEK OF:

My Weekly **GOALS** & Steps

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

NEXT STEP

NEXT STEP

NEXT STEP

**GOAL**

**GOAL**

NEXT STEP

*"It always seems impossible until it's done."*

~ Nelson Mandela

NEXT STEP

● WEEK OF:

*My Weekly* **SCHEDULE** *at-a-glance*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

● WEEK OF:

*My Weekly* **WORKOUT** *Plan*

**MONDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**TUESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEDNESDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**THURSDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**FRIDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SATURDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**SUNDAY**

TIME:

**cardio**

TYPE:

LENGTH:

**resistance**

TYPE:

**healthy habits**

STRETCHING

CLEAN EATING

WATER (8 - 8 OZ)

**WEEKLY REFLECTION**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

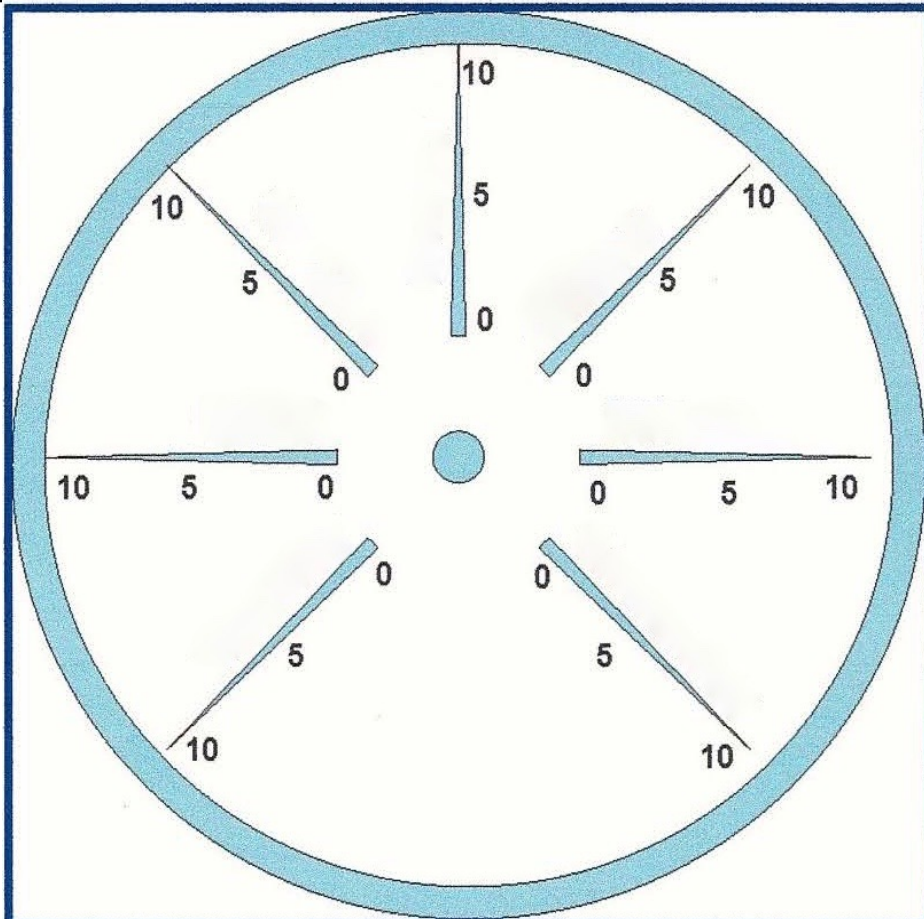
● WEEK OF:

# WEEKLY LOG SHEET

**CHALLENGES & IMPROVEMENT STRATEGIES:**

**ADDITIONAL THOUGHTS:**

**RATE YOUR WEEKLY EFFORT (each spoke is one day)**



*My Weekly* **REVIEW** *and Reflection*

.....  
PROGRESS I MADE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Master the week. Then just keep doing that every week.*

.....  
PROGRESS I DIDN'T MAKE THIS WEEK  
.....

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*You're not going to master the rest of your life in one week. It's ok to relax.*

● WEEK OF:



We're all  
in this together

