

week of: _____		monday ____	tuesday ____	wednesday ____	thursday ____	friday ____	saturday ____
current goals	80/ 20	What's due today?	What's due today?	What's due today?	What's due today?	What's due today?	
rock/work goal	7am						
	8am						
	9am						
	10am						
pebble/fun goal	11pm						
	12pm						
	1pm						
	2pm						
	3pm						
	4pm						
water/remove energy drain	5pm						
	6pm						
	7pm						
	8pm						
	9pm						
	10pm						sunday ____
to do		subject 1:	subject 1:	subject 1:	subject 1:	subject 1:	
		subject 2:	subject 2:	subject 2:	subject 2:	subject 2:	
		subject 3:	subject 3:	subject 3:	subject 3:	subject 3:	
		subject 4:	subject 4:	subject 4:	subject 4:	subject 4:	
check-in with family		subject 5:	subject 5:	subject 5:	subject 5:	subject 5:	
		subject 6:	subject 6:	subject 6:	subject 6:	subject 6:	preview next week...
		other:	other:	other:	other:	other:	