

Plan This Week's Goals <small>(based on your 10-wk goals)</small>	Monday	Tuesday	Wednesday
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
Thursday	Friday	Sat/Sun <small>(or flex)</small>	Review Your Week <small>(or flex)</small>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
6	6	6	6
5	5	5	5
4	4	4	4
3	3	3	3
2	2	2	2
1	1	1	1
Review Your Week <small>(or flex)</small>	Sat/Sun <small>(or flex)</small>	Friday	Thursday
6	6	6	6
5	5	5	5
4	4	4	4
3	3	3	3
2	2	2	2
1	1	1	1
Wednesday	Tuesday	Monday	Plan This Week's Goals <small>(based on your 10-wk goals)</small>

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1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
6	6	6	6
5	5	5	5
4	4	4	4
3	3	3	3
2	2	2	2
1	1	1	1
Review Your Week <small>(or flex)</small>	Sat/Sun <small>(or flex)</small>	Friday	Thursday
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4	4	4	4
3	3	3	3
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1	1	1	1
Plan This Week's Goals <small>(based on your 10-wk goals)</small>	Tuesday	Monday	Wednesday