|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week \_\_\_\_ | | Priorities for this week: | | | Goals for this week: | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7am |  |  |  |  |  |  |  |
| ­8am |  |  |  |  |  |  |  |
| 9am |  |  |  |  |  |  |  |
| 10am |  |  |  |  |  |  |  |
| 11am |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |
| 1pm |  |  |  |  |  |  |  |
| ­­2pm |  |  |  |  |  |  |  |
| 3pm |  |  |  |  |  |  |  |
| 4pm |  |  |  |  |  |  |  |
| 5pm |  |  |  |  |  |  |  |
| 6pm |  |  |  |  |  |  |  |
| 7pm |  |  |  |  |  |  |  |
| 8pm |  |  |  |  |  |  |  |

How do I know what I need to do?

What can I do if I get stuck