

WEEK OF:

NOTES

MON

TODAY I FEEL:

SCHEDULED

TIME	ACTIVITY

TO DO

MAKE PROGRESS ON:

☐

☐

☐

☐

OTHER:

☐

☐

☐

☐

TUES

TODAY I FEEL:

SCHEDULED

TIME	ACTIVITY

TO DO

MAKE PROGRESS ON:

☐

☐

☐

☐

OTHER:

☐

☐

☐

☐

WED

TODAY I FEEL:

SCHEDULED

TIME ACTIVITY

TO DO

MAKE PROGRESS ON:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THUR

TODAY I FEEL:

SCHEDULED

TIME ACTIVITY

TO DO

MAKE PROGRESS ON:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRI

TODAY I FEEL:

SCHEDULED

TIME ACTIVITY

TO DO

MAKE PROGRESS ON:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____