

Month 1: January		Date	Month 7: July		Date
1			1		
2			2		
3			3		
4			4		
5			5		
Month 2: February		Date	Month 8: August		Date
1			1		
2			2		
3			3		
4			4		
5			5		
Month 3: March		Date	Month 9: September		Date
1			1		
2			2		
3			3		
4			4		
5			5		
Month 4: April		Date	Month 10: October		Date
1			1		
2			2		
3			3		
4			4		
5			5		
Month 5: May		Date	Month 11: November		Date
1			1		
2			2		
3			3		
4			4		
5			5		
Month 6: June		Date	Month 12: December		Date
1			1		
2			2		
3			3		
4			4		
5			5		

Month:

MONTHLY PLANNER

Weeks	Max	Goal	Actual
1	400		
2	400		
3	400		
4	400		
5*	400		
Bonus	200-250		
Total*	4 wk: 1,800	4 wk:	
	5 wk: 2,250	5 wk:	

Goals: at beginning of month

Evaluation: at end of month

**Depending upon month*

Weekly Habit:	<i>list number of times per week (max=7 times out of 7 days, or 7/7)</i>	Max	Goal	Actual
Week 1		7 7		
Week 2		7 7		
Week 3		7 7		
Week 4		7 7		
Week 5*		7 7		

Day	Deadlines/Appointments	Day	Deadlines/Appointments
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

Week: # _____ of _____

WEEKLY PLANNER

From:

Until:

✓	Day	Deadlines:	<i>must be completed on assigned day</i>
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

Day	Max	Goal	Actual
Monday	50		
Tuesday	50		
Wednesday	50		
Thursday	50		
Friday	50		
Saturday	50		
Sunday	50		
Bonus*	50*		
Total	400		

✓	Must Do This Week:	<i>assign to specific dates</i>	<i>*See Bonus ideas</i>
	1		
	2		
	3		
	4		
	5		

Weekly Habit:	<i>list number of times per week (max=7 times out of 7 days, or 7/7)</i>	Max	Goal	Actual
<i>This week's habit</i>		7		
<i>Previous week's habit</i>		7		
<i>Other prior habit</i>		7		

In Review:

Evaluation:

Positives:

Negatives

Moving Forward: