



		FOCUS	AFFIRMATION CHALLENGE	NOTES
M				
O				
N				
T				
U				
E				
W				
E				
D				
T				
H				
U				
F				
R				
I				
S				
A				
T				
S				
U				
N				

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	MEAL (B/L/D/S)	MOOD
M																											
T																											
W																											
T																											
F																											

- Sleep
- Meals
- Habits
- Works
- Study
- Tasks
- Leisure

- MEAL
- On plan
 - Not on plan
 - Didn't eat

WEEK GOALS

A grid of 10 rows and 10 columns for tracking weekly goals.

ACTIONS

A large grid of 30 rows and 10 columns for tracking actions.

FOCUS

A grid of 20 rows and 10 columns for tracking focus.

TO DO / NOTES

A large grid of 30 rows and 10 columns for tracking to-do items and notes.

NOT TO DO

A grid of 20 rows and 10 columns for tracking not-to-do items.