

My Weekly Action Plan For: \_\_\_\_\_

What am I going to do? \_\_\_\_\_

How much am I going to do, or how often will I do it? \_\_\_\_\_

When am I going to do it? \_\_\_\_\_

\_\_\_\_\_

What might get in my way? \_\_\_\_\_

\_\_\_\_\_

What can I do to make it easier to reach my goal? \_\_\_\_\_

\_\_\_\_\_

Week of: \_\_\_\_\_

**I did it!**

**What worked, what didn't**

	<b>I did it!</b>	<b>What worked, what didn't</b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes: \_\_\_\_\_