

| MNTH | JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE | JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|------|---------|----------|-------|-------|-----|------|------|--------|-----------|---------|----------|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| WEEK | 1       | 2        | 3     | 4     | 5   | 6    | 7    | 8      | 9         | 10      | 11       | 12       | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |

# THIS WEEK

| MON         | TUE         | WED         | THU         | FRI         | WEEKEND    |
|-------------|-------------|-------------|-------------|-------------|------------|
| INTENTION:  | INTENTION:  | INTENTION:  | INTENTION:  | INTENTION:  | INTENTION: |
| LUNCH       | LUNCH       | LUNCH       | LUNCH       | LUNCH       |            |
| AFTER HOURS | AFTER HOURS | AFTER HOURS | AFTER HOURS | AFTER HOURS |            |
| REFLECTION  | REFLECTION  | REFLECTION  | REFLECTION  | REFLECTION  | REFLECTION |

# ACCOUNTABILITY

### LONG-RANGE PROGRESS

No:

|   |    |    |    |    |    |    |    |    |    |     |
|---|----|----|----|----|----|----|----|----|----|-----|
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| % | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

### COMPLETE THIS WEEK

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| DO IT      | DAY | TIME | GRATITUDE |
|------------|-----|------|-----------|
| SHOP       |     |      | 1.        |
| MEAL PREP  |     |      | 2.        |
| CLEAN      |     |      | 3.        |
| PLAN AHEAD |     |      | 4.        |
| SELF-CARE  |     |      | 5.        |
| PLAY       |     |      | 6.        |
|            |     |      | 7.        |
|            |     |      | 8.        |
|            |     |      | 9.        |
|            |     |      | 10.       |

### CONSISTENCY SCOREBOARD

|                  | M | T | W | T | F | S | S |
|------------------|---|---|---|---|---|---|---|
| NUTRITION        |   |   |   |   |   |   |   |
| WATER            |   |   |   |   |   |   |   |
| WORKOUT          |   |   |   |   |   |   |   |
| OUTSIDE TIME     |   |   |   |   |   |   |   |
| MEDITATION       |   |   |   |   |   |   |   |
| PASSION PROJECT  |   |   |   |   |   |   |   |
| TUTORIAL         |   |   |   |   |   |   |   |
| PLEASURE READING |   |   |   |   |   |   |   |
| BED ON TIME      |   |   |   |   |   |   |   |
| WAKE ON TIME     |   |   |   |   |   |   |   |