

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

			August 2017			
Goals						
			Monthly Tasks			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	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	1	2	3
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Week of July 31st- August 6th

Weekly Work			

Notes		

	Week of July 31 st - August 6 th				
Date	Before Work	AM	Lunch	PM	After Work
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Week of August 7th – 13th

Weekly Work			

Notes		

	Week of August 7 th – 13 th				
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Week of August 14th – 20th

Weekly Work			

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	Week of August 14 th – 20 th				
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Week of August 21st – 27th

Weekly Work			

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Week of August 28th – September 3rd

Weekly Work				

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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

September 2017							
Goals							
			Monthly Tasks	5			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	1	

Week of September $4^{th} - 10^{th}$

Weekly Work			

Notes		

Week of September 4 th – 10 th						
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Week of September 11th-17th

Weekly Work				

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Week of September $18^{th} - 24^{th}$

Weekly Work				

Notes		

Week of September 18 th – 24 th					
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Week of September 25th – October 1st

Weekly Work				

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Week of September 25 th - October 1 st					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

			October 2017			
Goals						
			Monthly Tasks			
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Week	of	October	2 nd -	8 th
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Weekly Work				

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	Week of October 2 nd – 8 th					
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Week of October 9th – 15th

Weekly Work				

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	Week of October 9 th - 15 th					
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Week of October 16th– 22nd

Weekly Work			

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	Week of October 16 th – 22 nd					
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Week of October 23rd – 29th

Weekly Work			

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	Week of October 23 rd -29 th					
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Week of October 30th – November 5th

Weekly Work			

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Week of October 30 th – November 5 th						
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

	November 2017						
Goals							
	Monthly Tasks						
Monday	Tuesday	Wednesday		Friday	Saturday	Sunday	
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27	28	29	30	1	2	3	
	20	25	30	1		3	

Week o	f Noven	nber	6 th -	12 th
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Weekly Work			

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	Week of November 6 th – 12 th					
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Weekly Work			

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Week of November 20th – 26th

Weekly Work			

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	Week of November 20 th – 26 th					
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Week of November 27th – December 3rd

Weekly Work			

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Monthly Reflection

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

December 2017						
Goals						
			Monthly Tasks			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Week	of D	ecember	4 th -	10 th
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Weekly Work			

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Weekly Work			

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Weekly Work				

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Monthly Reflection

Reflection Questions	Notes	Novt Stons
Add a coaching sticker or	Notes	Next Steps
draw a picture for a visual		
representation		
What went well this month?		
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What did not go well? Why?		
Am I on track for achieving		
my goals? What do you		
want to revisit or adjust?		
Other		
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	January 2018					
Goals						
			Monthly Tasks			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Week of January 1st - 7th

Weekly Work				

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Week of January 1 st – 7 th					
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Week	of	January	/ 8 th –	14 th
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Weekly Work			

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Week of January 15th – 21st

Weekly Work			

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Date Before Work AM		Week of January 15 th – 21 st					
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Week of January 22nd – 28th

Weekly Work			

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Week of January 29th – February 4th

Weekly Work			

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Week of January 29 th – February 4 th					
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Monthly Reflection

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

February 2018								
Goals								
			Monthly Tasks	•				
Monday	Tuesday	Wednesday		Friday	Saturday	Sunday		
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12	13	14	15	16	17	18		
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Week of	February	5 th - 11 th
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Weekly Work			

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Week of February 5 th – 11 th						
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Week of February 12th – 18th

Weekly Work				

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Week of February 19th – 25th

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Week of February 26th – March 4th

Weekly Work			

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Week of February 26 th – March 4 th						
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Monthly Reflection

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

March 2018								
Goals	Goals							
Monthly Tasks								
Monday	Tuesday	Wednesday		Friday	Saturday	Sunday		
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Weekly Work			

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Week of March 12TH – 18TH

Weekly Work			

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	Week of March 12 [™] – 18 [™]						
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Week of March 19TH – 25TH

Weekly Work				

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	Week of March 19 th – 25 th						
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Week of March 26th – April 1st

Weekly Work			

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Monthly Reflection

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

Monthly Tasks		April 2018							
Monday Tuesday Wednesday Thursday Friday Saturday Sunday 1	Goals								
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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		Tuesday	Wednesday		Friday	Saturday	Sunday		
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Week of April 2nd – 8th

Weekly Work			

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Week of April 2 nd – 8 th					
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Weekly Work			

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Week of April 16th – 22nd

Weekly Work				

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Week of April 16 th – 22 nd					
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Week of April 23rd – 29th

Weekly Work				

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Week of April 23 rd – 29 th						
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Monthly Reflection

Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

Monthly Tasks Monthly Tasks Monday Tuesday Wednesday Thursday Friday Saturday 30 1 2 3 4 5 6	Sunday
Monday Tuesday Wednesday Thursday Friday Saturday	
Monday Tuesday Wednesday Thursday Friday Saturday	
Monday Tuesday Wednesday Thursday Friday Saturday	
Monday Tuesday Wednesday Thursday Friday Saturday	
Monday Tuesday Wednesday Thursday Friday Saturday	
Monday Tuesday Wednesday Thursday Friday Saturday	
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Week of April 30th – May 6th

Weekly Work				

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Week of April 30 th – May 6 th						
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Week	of	May	7 th -	- 13 th
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Weekly Work				

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Week of May 7 th – 13 th						
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Week of May 14th – 20th

Weekly Work				

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Week of May 14 th -20 th						
Date	Before Work	AM	Lunch	PM	After Work	
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20						

Week of May 21st - 27th

Weekly Work			

Notes		

Week of May 21 st – 27 th						
Date	Before Work	AM	Lunch	PM	After Work	
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27						

Week of May 28th – June 3rd

Weekly Work			

Notes		

Week of May 28 th – June 3 rd Date Before Work AM Lunch PM After Work					
Date	Before Work	AM	Lunch	PM	After Work
М					
28					
20					
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29					
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30					
TH					
31					
31					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

	June 2018							
Goals								
	Monthly Tasks							
		· · · · ·			T			
Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3		
				_	_			
4	-		7	0	9	10		
4	5	6	/	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	1		

Week	of	June	4 th -	10 th
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Weekly Work			

Notes		

Week of June 4 th - 10 th					
Date	Before Work	AM	Lunch	PM	After Work
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S					
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Week of June 11th - 17th

Weekly Work			

Notes		

	Week of June 11 th – 17 th					
Date	Before Work	AM	Lunch	PM	After Work	
M						
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17						

Week of June 18th – 24th

Weekly Work			

Notes		

		Week of .	June 18 th -	- 24 th	
Date	Before Work	AM	Lunch	PM	After Work
M					
18					
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Week of June 25th – July 1st

Weekly Work		

Notes		

	Week of June 25 th – July 1 st				
Date	Before Work	AM	Lunch	PM	After Work
М					
25					
23					
T					
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26					
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27					
27					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

	July 2018					
Goals						
			Monthly Tasks			
Manday	Tuesday	Wednesday	Thursday	Friday	Catuaday	Cundou
Monday	Tuesday	weanesday	Thursday	Friday	Saturday	Sunday 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	1	2	3	4	5

Week	of	July	2 nd	-	8 th
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Weekly Work		

Notes		

		Week o	f July 2 nd –	- 8 th	
Date	Before Work	AM	Lunch	PM	After Work
M					
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Week	of July	/ 9 th –	15 th
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Weekly Work		

Notes		

	Week of July 9 th – 15 th					
Date	Before Work	AM	Lunch	PM	After Work	
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Week of July 16th - 22nd

Weekly Work			

Notes		

	Week of July 16 th – 22 nd					
Date	Before Work	AM	Lunch	PM	After Work	
М						
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22						

Week of July	y 23 rd –	29th
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Weekly Work			

Notes		

	Week of July 23 rd – 29 th					
Date	Before Work	AM	Lunch	PM	After Work	
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29						

Week of July 30th – August 5th

Weekly Work			

Notes		

	Week of July 30 th – August 5th					
Date	Before Work	AM	Lunch	PM	After Work	
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

August 2018							
Goals							
			Month	ly Tasks			
			-				
			-				
Monday	Tuesday	Wednesday	Thur	sday	Friday	Saturday	Sunday
		1	2	<u>-</u>	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	20	20		21	1	2
27	28	29	30		31	1	2

Week of August 6th - 12th

Weekly Work			

Notes		

		Week of A	ugust 6th	– 12 th	
Date	Before Work	AM	Lunch	PM	After Work
М					
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12					

Week of August 13th – 19th

Weekly Work			

Notes		

		Week of A	ugust 13 th	- 19 th	
Date	Before Work	AM	Lunch	PM	After Work
M					
13					
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14					
W					
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F					
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18					
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S					
19					

Week of August 20th – 26th

Weekly Work			

Notes		

		Week of A	ugust 20 th	- 26 th	
Date	Before Work	AM	Lunch	PM	After Work
M					
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20					
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21					
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Week of August 27th – September 2nd

Weekly Work				
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Notes		

Date Before M 27 T 28 W 29 TH 30	ore Work	Week of August	Lunch	PM	After Work
27 T 28 W 29 TH					
T 28 W 29 TH					
T 28 W 29 TH					
28 W 29					
28 W 29					
28 W 29					
W 29 TH					
29 TH					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

September 2018							
Goals							
Monthly Tasks							
Monday	Tuesday	Wednesday	Thursd		Friday	Saturday	Sunday
						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

Week of September 3rd – 9th

Weekly Work				

Notes		

Week of September 3 rd - 9 th						
Date	Before Work	AM	Lunch	PM	After Work	
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Week of September $10^{th} - 16^{th}$

Weekly Work			

Notes		

	Week of September 10 th - 16 th						
Date	Before Work	AM	Lunch	PM	After Work		
М							
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W							
12							
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15							
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16							

Week of September $17^{th} - 23^{rd}$

Weekly Work			

Notes		

	Week of September 17 th – 23 rd Date Before Work AM Lunch PM After Work					
Date	Before Work	AM	Lunch	PM	After Work	
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Week of September $24^{th} - 30^{th}$

Weekly Work			

Notes		

	Week of September 24 th - 30 th						
Date	Before Work	AM	Lunch	PM	After Work		
M							
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

			October 201	8		
Goals						
			Monthly Task	s		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	1	2	3	4

Week	of	Octobei	r 1 st –	· 7 th
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Weekly Work			

Notes		

	Week of October 1 st -7 th				
Date	Before Work	AM	Lunch	PM	After Work
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Week of October 8th – 14th

Weekly Work			

Notes		

	Week of October 8 th – 14 th				
Date	Before Work	AM	Lunch	PM	After Work
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Weel	k of	Octo	her	15th	- 21st
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Weekly Work			

Notes		

	Week of October 15 th – 21 st				
Date	Before Work	AM	Lunch	PM	After Work
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Week of October 22nd – 28th

Weekly Work			

Notes		

		Week of Oc	tober 22 ⁿ	^d – 28 th	
Date	Before Work	AM	Lunch	PM	After Work
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Week of October 29th – November 4th

Weekly Work		

Notes		

		Week of Octobe	r 29 th – No		
Date	Before Work	AM	Lunch	PM	After Work
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29					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

November 2018						
Goals						
			Monthly Tasks			
			. \Box			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
12	15	14	13	10	17	10
19	20	21	22	23	24	25
26	29	27	28	29	30	1

Week	of No	vember	5 th _	11 th

Weekly Work		

Notes		

		Week of No	vember 5	th - 11 th	
Date	Before Work	AM	Lunch	PM	After Work
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Week of November 12th – 18th

Weekly Work		

Notes		

Date					
	Before Work	Week of Nov AM	Lunch	PM	After Work
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18					

Week of November 19th – 25th

Weekly Work		

Notes		

	Week of November 19 th – 25 th				
Date	Before Work	AM	Lunch	PM	After Work
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24					
S					
25					

Week of November 26^{th} – December 2^{nd}

Weekly Work		

Notes		

		Week of Novemb	er 26 th – [December 2 nd	
Date	Before Work	AM	Lunch	PM	After Work
M					
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		

	December 2018						
Goals							
	Monthly Tasks						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					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	
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31							
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Week	of I	Decem	ber	3 rd -	9 th
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Weekly Work		

Notes		

	Week of December 3 rd – 9 th					
Date	Before Work	AM	Lunch	PM	After Work	
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W	eek	of Γ)ecen	her	10 th -	16 th
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Weekly Work			

Notes		

	Week of December 10 th – 16 th				
Date	Before Work	AM	Lunch	PM	After Work
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14					
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15					
S					
16					

Week of December 17^{th -} 23rd

Weekly Work			

Notes		

	Week of December 17 th – 23 rd					
Date	Before Work	AM	Lunch	PM	After Work	
M						
17						
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22						
S						
23						

Week of December $24^{th} - 30^{th}$

Weekly Work			

Notes		

	Week of December 24 th – 30 th					
Date	Before Work	AM	Lunch	PM	After Work	
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24						
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25						
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Reflection Questions Add a coaching sticker or draw a picture for a visual representation	Notes	Next Steps
What went well this month? Why?		
What did not go well? Why?		
Am I on track for achieving my goals? What do you want to revisit or adjust?		
Other		