MO Date:_____ Awake:_____	TU Date:_____ Awake:_____	WE Date:_____ Awake:_____
MOST IMPORTANT THING TO DO	MOST IMPORTANT THING TO DO	MOST IMPORTANT THING TO DO
☐	☐	☐
MOST IMPORTANT THING TO AVOID	MOST IMPORTANT THING TO AVOID	MOST IMPORTANT THING TO AVOID
☐	☐	☐
Goals - I will	Goals - I will	Goals - I will
○	○	○
○	○	○
○	○	○
○	○	○
Responsibility - I have to	Responsibility - I have to	Responsibility - I have to
○	○	○
○	○	○
○	○	○
○	○	○
Fun - I would like to	Fun - I would like to	Fun - I would like to
○	○	○
○	○	○
○	○	○
Distractions - I won't	Distractions - I won't	Distractions - I won't
○	○	○
○	○	○
○	○	○
Day Rating: _____ / 100	Day Rating: _____ / 100	Day Rating: _____ / 100

Plan Your Week

This Week's Theme: _____

LIFE: Goals & Responsibilities	SELF: Health, Exercise, Skills	FUN: Leisure & Social
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

TH Date:_____ Awake:_____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO AVOID

Goals - I will

Responsibility - I have to

Fun - I would like to

Distractions - I won't

Day Rating: _____ / 100

FR Date:_____ Awake:_____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO AVOID

Goals - I will

Responsibility - I have to

Fun - I would like to

Distractions - I won't

Day Rating: _____ / 100

SA Date:_____ Awake:_____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO AVOID

Goals & Responsibilities

Fun - I would like to

Distractions - I won't

Day Rating: _____ / 100

SU Date:_____ Awake:_____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO AVOID

Goals & Responsibilities

Fun - I would like to

Distractions - I won't

Day Rating: _____ / 100

Review Your Week

• Rate Your Week: _____ / 100 • Productivity: [1 2 3 4 5] • Responsibility: [1 2 3 4 5]

One Line Journal: How was your day? What prevented an ideal day? What can you do better tomorrow?

MO

TU

WE

TH

FR

SA

SU