

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	6	7	8	9	10	11

MONDAY 30

TUESDAY 31

WEDNESDAY 1

WEEKLY goals & notes:

- GYM (at least twice this wk)
- Meet with comm. teacher (Wed. or Fri.?)
- Register for next semester classes ✓
- CONFIRM MING w/ Mrs. Anderson



day

day

day



night

night

night



MEAL PLANS • EXERCISE • DAILY DOS • THOUGHTS • INSPIRATION