week	january	february	march	april	may	june	july	august	september	october	november	december
1												
2												
3												
4												
5												

do by

reward

goal #1 → | | **done** ○ | |
| | **not done** ○ | |

goal #2 → | | **done** ○ | |
| | **not done** ○ | |

goal #3 → | | **done** ○ |