

# Goals for the Week

Week of: January 5-11

action steps →

Goal 1: Organize boys' toys	Goal 2: Work out 5 days	Goal 3: Refinish Dresser
A. Sort into categories	A. Research / Make Workout Plan	A. Buy materials
B. Buy bins	B. Wake up at 6 M-F	B. Strip & sand
C. Make labels	C. Small reward on Saturday	C.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning	[church]	• Work out [preschool]	• Work out	• Work out [preschool]	• Work out [MOPS]	• Work out [preschool] [Kindermusik]	
afternoon	• Research / Make Workout Plan	• Sort toys	• Make toy labels	• Work on stripping / sanding dresser	• Work on stripping / sanding dresser		
evening		• Buy toy bins • Buy dresser materials	[Kindermusik]				• Reward!

