



MY REASON WHY

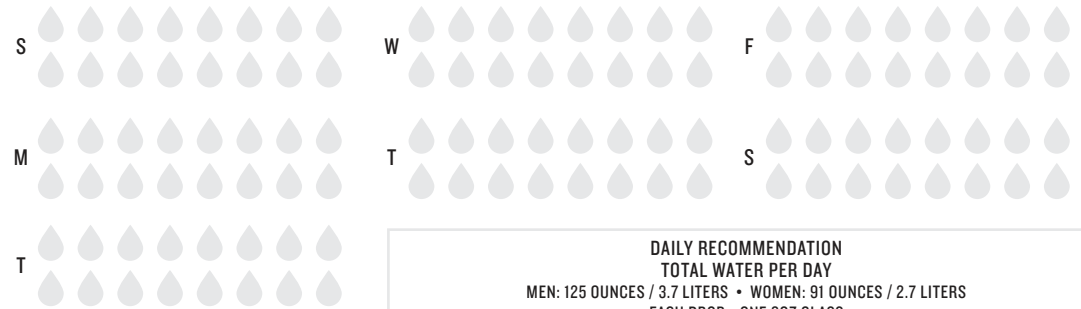
MY TOP 3 PRIORITIES

1

2

3

HYDRATION INTAKE



WEEKLY WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS

MINDFULNESS

S M T W T F S

READING



MEDITATION



GRATITUDE



REST & RECOVERY

S M T W T F S

EATING RIGHT



MOVEMENT



SLEEP



REFLECTION

ON ACTIONS

ON PERFORMANCE

AREAS FOR IMPROVEMENT

DID I WHOOP THAT A !! THIS WEEK?

- YEP!
- I'LL GET 'EM NEXT WEEK

THIS WEEK'S ACCOMPLISHMENTS
