



JIMMY BUTLER'S WEEKLY PLANNER



WEEK OF: _____

MY TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

HYDRATION INTAKE

S	●●●●●●●●●●	W	●●●●●●●●●●	F	●●●●●●●●●●
M	●●●●●●●●●●	T	●●●●●●●●●●	S	●●●●●●●●●●
T	●●●●●●●●●●				

**DAILY RECOMMENDATION
TOTAL WATER PER DAY**
 MEN: 125 OUNCES / 3.7 LITERS • WOMEN: 91 OUNCES / 2.7 LITERS
 EACH DROP = ONE 8OZ GLASS
*NATIONAL ACADEMIES OF SCIENCE, ENGINEERING AND MEDICINE

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

LEVEL UP YOUR AMBITION

THIS WEEK'S ACCOMPLISHMENTS

● YEP!

● I'LL GET 'EM NEXT WEEK