

## Instructions

This simple set of pages will help you keep track and stay on track of all you wish to attain. By looking at what you set out to do monthly and weekly at least once a day you will build a health obsession to check off all the boxes and keep track of all the in-between details.

Print only pages 2 & 3. Set printer “two-sided; flip on short edge”. Fold in half twice. Arrange the pages so that the Monthly Page is always your cover. Make a list of all you wish to complete in a given month. Then make a list of all you wish to complete in Week

1. Check tasks off as you complete them. Repeat at the beginning of each week. If metrics are involved (Meet 5 new prospects) use the bottom of pages to keep track or make notes where needed.

Make sure you include celebrating your completions, fun and learning activities.

**NOW.....GO FOR IT!!!!**

# Week 3 \_\_\_\_\_

A,B,C

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 Lead/lag.....needs

# Week 2 \_\_\_\_\_

A,B,C

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 Lead/lag.....needs

Reflect  
needs

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 done JOY!

# Month \_\_\_\_\_

A,B,C

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# Week 1 \_\_\_\_\_

A,B,C

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Lead/lag.....needs

Reflect  
needs

# Week 4 \_\_\_\_\_

A,B,C

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Lead/lag.....needs

# Week 5 \_\_\_\_\_

A,B,C

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Lead/lag.....needs

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done JOY!