Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| 1. Up Before 7 |  |  |  |  |  |  |  |  |
| 1. Hours Slept |  |  |  |  |  |  |  | 7 to 8 hrs |
| 1. Weight |  |  |  |  |  |  |  |  |
| 1. Weight Variance |  |  |  |  |  |  |  |  |
| 1. Exercise |  |  |  |  |  |  |  | Daily |
| 1. Asleep by 10 |  |  |  |  |  |  |  |  |

Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
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| 1. Weight Variance |  |  |  |  |  |  |  |  |
| 1. Exercise |  |  |  |  |  |  |  | Daily |
| 1. Asleep by 10 |  |  |  |  |  |  |  |  |

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