

Week:

*Monday* Tuesday Wednesday

Motivational Monday

Thoughtful Tuesday

Willing Wednesday

Thursday Friday

Thankful Thursday

Flexible Friday

*Notes:*

Goals met?

Next steps:

*Signed:*

Week:

*Monday*

Motivational Monday

Tuesday

Thoughtful Tuesday

Wednesday

Willing Wednesday

Thursday

Thankful Thursday

Friday

Flexible Friday

*Notes:*

Goals met?

Next steps:

*Signed:*