

WEEKLY GOAL CHART

WEEK DATES: _____ TO _____

	SUN	MON	TUES	WED	THU	FRI	SAT
READ (___ X PER WEEK)							
EAT HEALTHY (___ DAYS A WEEK)							
COLOR OR DRAW (___ X PER WEEK)							
WORKOUT (___ X PER WEEK)							
PUPPY PLAYTIME (___ X PER WEEK)							
CLEAN (___ X PER WEEK)							
PERSONAL GOAL (___ X PER WEEK)							

**NO MASTERPIECE WAS EVER CREATED BY A LAZY ARTIST.
– ANONYMOUS**

**POUR YOURSELF DRINK, PUT ON SOME LIPSTICK, AND PULL
YOURSELF TOGETHER. – ELIZABETH TAYLOR**