

The Fab 3s

Week of _____

3

Allotted

Notes

| , | | | | |
|---------------|---|---|------|--|
| Monthly Goals | 1 | 2 | 3 | |
| Weekly Goals | 1 | 2 | 3 | |
| | | | Time | |

Yearly Goals

Daily Goals/Activity

Check mark each day of the week you accomplish your daily goal and any notes.

| 1 | | | | | |
|---|--|--|--|--|--|
| 2 | | | | | |
| 3 | | | | | |