

PRE-WEEK PLANNING HABIT TRACKER

"When people pre-week plan productivity and performance increase;
health and relationships improve; stress and task saturation decrease "

- Rob Shallenberger

HABIT TRACKER

IF YOU PRE-WEEK PLANNED:

10+ TIMES = STRONG START
25+ TIMES = GREAT GOING!
50+ TIMES = IT'S A HABIT!

STREAK

HOW MANY WEEK DID
YOU PLAN IN A ROW:

5+ TIMES = YOU'RE ON A ROLL!
10+ TIMES = STAYING STRONG!
25+TIMES = ALL STAR!

PUT A CHECKMARK IN THE STARS FOR EVERYTIME YOU PRE-WEEK PLAN

01		02		03		04		05	
06		07		08		09		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
31		32		33		34		35	
36		37		38		39		40	
41		42		43		44		45	
46		47		48		49		50	
51		52							