

Month: \_\_\_\_\_

Task 1: \_\_\_\_\_

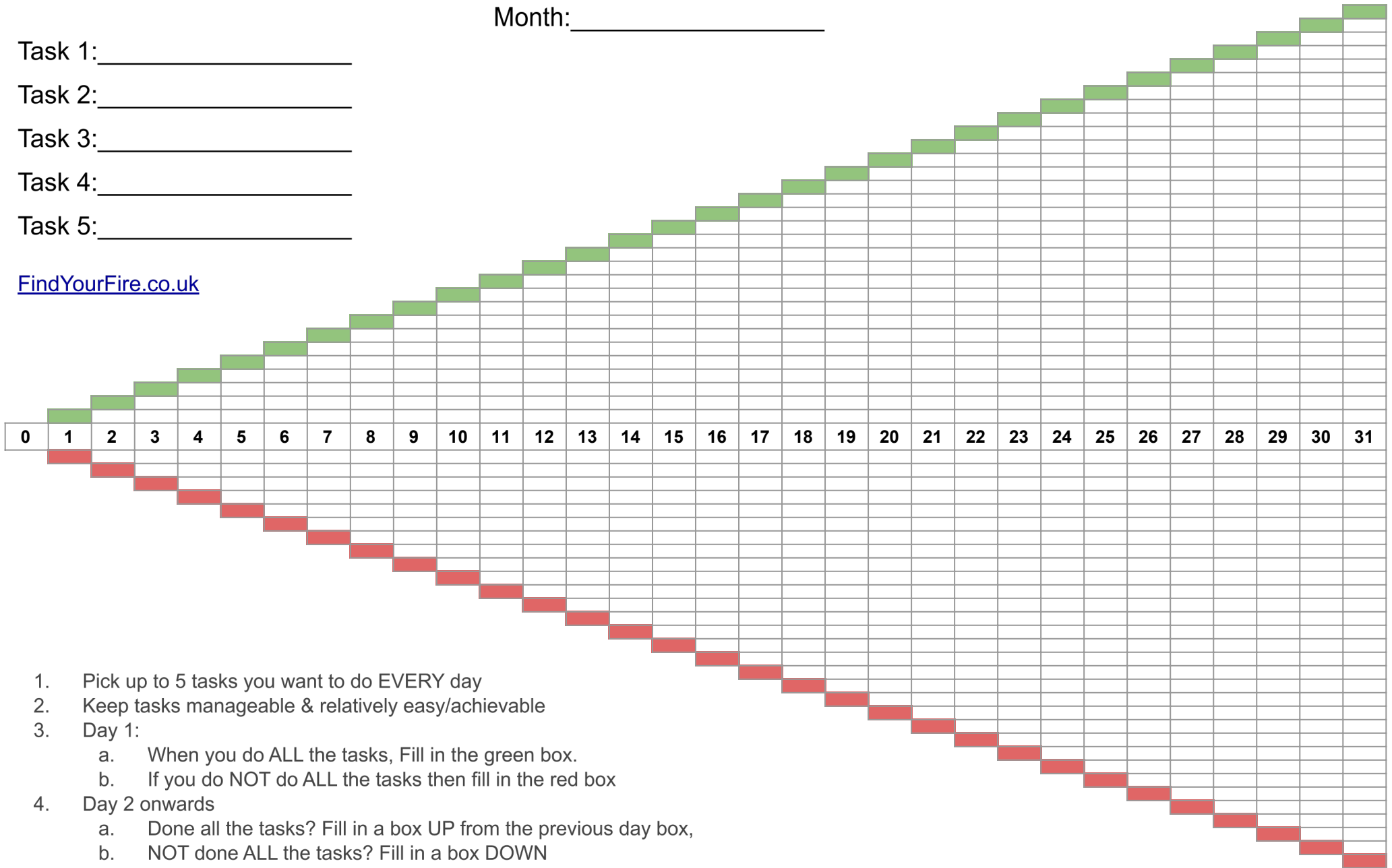
Task 2: \_\_\_\_\_

Task 3: \_\_\_\_\_

Task 4: \_\_\_\_\_

Task 5: \_\_\_\_\_

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1. Pick up to 5 tasks you want to do EVERY day
2. Keep tasks manageable & relatively easy/achievable
3. Day 1:
  - a. When you do ALL the tasks, Fill in the green box.
  - b. If you do NOT do ALL the tasks then fill in the red box
4. Day 2 onwards
  - a. Done all the tasks? Fill in a box UP from the previous day box,
  - b. NOT done ALL the tasks? Fill in a box DOWN
5. The aim is to finish the month in the green half & obviously the higher the better!!