



weekly lifestyle ledger

3 Commitments for this week:

1.
2.
3.

How Do I Want to Feel This Week:

Have To Do's & Appointments

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

What I Accomplished this Week:

Challenges this Week:

1.
2.
3.

What I Learned from the Challenges:

How Much I Made this Week:

| Amount | Activity |
|--------|----------|
| | |
| | |
| | |
| | |
| | |

Ongoing List of To Do's (when there's time):

1.
2.
3.