



# weekly lifestyle ledger

3 Commitments for this week:

1.
2.
3.

## Have To Do's & Appointments

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

How Do I Want to Feel This Week:

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.