

Week of:	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
<b>Tasks</b>								<b>Total</b>
Extra Study								
Stretch								
Pushups								
Sprints								
Air Squats								
Sit-ups								
Gym Workout								
Water								
Article								
Visualize Success								
Consider 10 Years								
Research Interests								
Steps to College								
<b>Unproductives</b>								<b>Total</b>
Skip Homework								
Upset Teacher								
Neglect Extra Credit								
Late to Class								
Unhealthy Meal/Snack								
Late to Practice								
Upset Coach								
<b>Ratings</b>								<b>Average</b>
Academic Effort								
Organization								
Athletic Effort								
Technique/Form								
Procrastination								
Motivation								
Productivity								
Mood/Attitude								
Respect								
Negative Influences								
Diligence/Honesty								
<b>Weekly Questions</b>								
What areas of my Academic performance can I improve on for next week?								
What area of my Athletic performance can I improve on for next week?								
Who worked harder than me this week?								
What were my greatest accomplishments this week?								
What, in my future, am I looking forward to?								