

WEEKLY PLAN & SCORECARD

Week 1



PERIOD GOAL:

KEY ACTIONS/TACTICS

List of your key actions and the day you wish to complete them

WHO

DAY

KEY ACTIONS/TACTICS List of your key actions and the day you wish to complete them	WHO	DAY

TIME BLOCK

Set up your time blocks for the week

DAY/TIME

Strategic block

Buffer blocks

"An aspiration or desire means little without a plan to get there"

- Unknown

WEEKLY SCORECARD

Tactics Completed / Total Tactics ÷ 100 = your percentage

$$\boxed{} \div \boxed{} \times 100 = \boxed{} \%$$

THE
12
WEEK
YEAR

WEEKLY PLAN & SCORECARD

Week 2



PERIOD GOAL:

KEY ACTIONS/TACTICS

List of your key actions and the day you wish to complete them

WHO

DAY

KEY ACTIONS/TACTICS List of your key actions and the day you wish to complete them	WHO	DAY

TIME BLOCK

Set up your time blocks for the week

DAY/TIME

Strategic block

Buffer blocks

"An aspiration or desire means little without a plan to get there"
- Unknown

WEEKLY SCORECARD

Tactics Completed / Total Tactics ÷ 100 = your percentage

$$\square \div \square \times 100 = \square \%$$

THE
12
WEEK
YEAR

WEEKLY PLAN & SCORECARD

Week 8



PERIOD GOAL:

KEY ACTIONS/TACTICS

List of your key actions and the day you wish to complete them

WHO

DAY

KEY ACTIONS/TACTICS	WHO	DAY

TIME BLOCK

Set up your time blocks for the week

DAY/TIME

Strategic block

Buffer blocks

"An aspiration or desire means little without a plan to get there"

- Unknown

WEEKLY SCORECARD

Tactics Completed / Total Tactics ÷ 100 = your percentage

$$\boxed{} \div \boxed{} \times 100 = \boxed{} \%$$

THE
12
WEEK
YEAR

WEEKLY PLAN & SCORECARD

Week 11



PERIOD GOAL:

KEY ACTIONS/TACTICS

List of your key actions and the day you wish to complete them

WHO

DAY

KEY ACTIONS/TACTICS List of your key actions and the day you wish to complete them	WHO	DAY

TIME BLOCK

Set up your time blocks for the week

DAY/TIME

Strategic block

Buffer blocks

"An aspiration or desire means little without a plan to get there"
- Unknown

WEEKLY SCORECARD

Tactics Completed / Total Tactics ÷ 100 = your percentage

$$\square \div \square \times 100 = \square \%$$

THE
12
WEEK
YEAR

