

Interval #

Dates: _____

Sabbath: _____

Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:
Sabbath:

Habit for This Interval:

Project 1

Project 2

Project 3

5 Smaller Action Items This Interval:

- 1.
- 2.
- 3.
- 4.
- 5.

Sabbath Week Plans:

- Schedule Planning/Review Session:
- Nagging Tasks/Projects:
- Appointments:
- Friends:
- Extended Family: