

# 28 day Challenge journal: week 1

| Name  | Primary Goal | Weekly Goal       |
|---|--------------|-------------------|
| Day 1 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 2 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 3 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 4 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 5 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |

# 28 day *Challenge* journal: week 2

| Name  | Primary Goal | Weekly Goal       |
|---|--------------|-------------------|
| Day 1 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 2 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 3 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 4 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |
| Day 5 To-Do's   |              |                   |
| Today's Main Action Step                                |              |                   |
| <input type="checkbox"/> learned something new          |              |                   |
| <input type="checkbox"/> applied what I learned         |              | focus + intention |
| <input type="checkbox"/> shared accountability in group |              |                   |
| <input type="checkbox"/> shared accountability socially |              | today I learned   |

# 28 day *Challenge* journal: week 3

| Name  | Primary Goal | Weekly Goal              |
|---|--------------|--------------------------|
| Day 1 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 2 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 3 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 4 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 5 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |

# 28 day *Challenge* journal: week 4

| Name  | Primary Goal | Weekly Goal              |
|---|--------------|--------------------------|
| Day 1 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 2 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 3 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 4 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |
| Day 5 To-Do's   |              | Today's Main Action Step |
| <input type="checkbox"/> learned something new          |              |                          |
| <input type="checkbox"/> applied what I learned         |              | focus + intention        |
| <input type="checkbox"/> shared accountability in group |              |                          |
| <input type="checkbox"/> shared accountability socially |              | today I learned          |