

Weekly Performance Schedule

Goals:

Work: _____ On Track?

R'ships: _____ On Track?

Self: _____ On Track?

This Week's Priorities: due this WEEK

- | | | | |
|----------|-----|-----------|-----|
| 1. _____ | Hrs | 6. _____ | Hrs |
| 2. _____ | Hrs | 7. _____ | Hrs |
| 3. _____ | Hrs | 8. _____ | Hrs |
| 4. _____ | Hrs | 9. _____ | Hrs |
| 5. _____ | Hrs | 10. _____ | Hrs |

Total Hrs

This Week's Priorities: due this MONTH

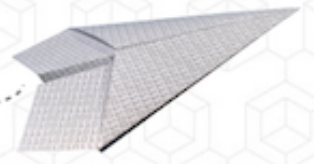
- | | |
|----------|-----|
| 1. _____ | Hrs |
| 2. _____ | Hrs |
| 3. _____ | Hrs |

Total Hrs

This Week's Priorities: due later

- | | |
|----------|-----|
| 1. _____ | Hrs |
| 2. _____ | Hrs |
| 3. _____ | Hrs |

Total Hrs



Monday Schedule:

1. _____	Time	4. _____	Time
2. _____	Time	5. _____	Time
3. _____	Time	6. _____	Time

Focus (out of 100%):	Fuel (out of 10):	Recovery Activity:	Exercise:
----------------------	-------------------	--------------------	-----------

Tuesday Schedule:

1. _____	Time	4. _____	Time
2. _____	Time	5. _____	Time
3. _____	Time	6. _____	Time

Focus (out of 100%)	Fuel (out of 10):	Recovery Activity:	Exercise:
---------------------	-------------------	--------------------	-----------

Wednesday Schedule:

1. _____	Time	4. _____	Time
2. _____	Time	5. _____	Time
3. _____	Time	6. _____	Time

Focus (out of 100%)	Fuel (out of 10):	Recovery Activity:	Exercise:
---------------------	-------------------	--------------------	-----------

Thursday Schedule:

1. _____	Time	4. _____	Time
2. _____	Time	5. _____	Time
3. _____	Time	6. _____	Time

Focus (out of 100%)	Fuel (out of 10):	Recovery Activity:	Exercise:
---------------------	-------------------	--------------------	-----------

Friday Schedule:

1. _____	Time	4. _____	Time
2. _____	Time	5. _____	Time
3. _____	Time	6. _____	Time

Focus (out of 100%):	Fuel (out of 10):	Recovery Activity:	Exercise:
----------------------	-------------------	--------------------	-----------

Saturday

Sunday

Recovery:	Exercise	Recovery:	Exercise:
-----------	----------	-----------	-----------