

12 Week Year Planner

Get more done in 12 weeks than most get done in 12 months!



Your One Big Goal

Unlike other planners and systems, the 12 Week Sprint Plan is not about working on everything in your life in 12 weeks, but all about attacking one big goal with purpose and intensity. Of course, not all goals can be accomplished in 12 weeks, but the purpose of it is to focus on 12 weeks at a time. Let's get clear on your goals.

What are some of the goals you want to tackle this year or the rest of the year?

1 2 3 4 5

Which one (only one) of these will have the biggest impact in your life?

Why do you want to achieve this specific goal?

What would happen if you don't reach or attempt to reach this goal?

If this goal is too big for 12 weeks, break this down into four 12 week segments, then prioritize them.

___ Weeks	___ Weeks	___ Weeks	___ Weeks
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My 12 Week Goals

Now that you have your one big goal in 4 segments, write down the segment you will focus upon the next 12 weeks.

Break it down further. What will you do each week to accomplish this?

Week	

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WeekOne

From your 12 week goals page, what is this week's non-negotiable goal?

	Key/Important Days	To Do's
Mon		<input type="checkbox"/>
Tue		<input type="checkbox"/>
Wed		<input type="checkbox"/>
Thu		<input type="checkbox"/>
Fri		<input type="checkbox"/>
Sat		<input type="checkbox"/>
Sun		<input type="checkbox"/>

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Monday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Tuesday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Wednesday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Thursday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Friday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Saturday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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Sunday

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Look at this week's plan. What 3 things must you do today to accomplish your weekly goal?

○ _____
○ _____
○ _____

To Do's	To Do's
<input type="checkbox"/>	<input type="checkbox"/>

Appointments	

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WeekOneReview

What are you most proud of accomplishing this week?

What was challenging for you?

What did you learn this week?

Imagine a good friend had a week like this. Write what you will tell them to spur them on or encourage them.

How would you rate this week?

1 2 3 4 5 6 7 8 9 10

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WeekTwo

From your 12 week goals page, what is this week's non-negotiable goal?

	Key/Important Days	To Do's
Mon		<input type="checkbox"/>
Tue		<input type="checkbox"/>
Wed		<input type="checkbox"/>
Thu		<input type="checkbox"/>
Fri		<input type="checkbox"/>
Sat		<input type="checkbox"/>
Sun		<input type="checkbox"/>

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Free
12 Week
Year
Planner

