

MONTH

JANUARY

YEAR

2023

38.2%

PENDING

55

DONE

34

TOTAL TASKS

89

NOTES

DRINK WATER

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0% ☐ Spin Gym ☐ Spin Cool Jonathon ☐ Spin Drinks with Papirose	25% ☐ Play YouTube Subscription ☐ Take a call for service ☐ Spin Gym with Jonathon	50% ☐ Spin Warm Study Group ☐ Spin Warm Yoga ☐ Spin Warm Study ☐ Spin Park Run	25% ☐ Spin Gym ☐ Spin Warm Study ☐ Spin Drinks with Papirose ☐ Heat Prep	100% ☐ Play YouTube Subscription ☐ Take a call for service ☐ Spin Gym with Jonathon	67% ☐ Spin Warm Study Group ☐ Spin Warm Yoga ☐ Spin Warm Study	50% ☐ Spin Gym ☐ Spin Warm Study
75% ☐ Play YouTube Subscription ☐ Spin Warm Study ☐ Spin Warm Study ☐ Heat Prep	33% ☐ Spin Warm Yoga ☐ Spin Warm Study ☐ Spin Park Run	0% ☐ Spin Cool Jonathon ☐ Spin Cool Study ☐ Play YouTube Subscription ☐ Lunch with Mom	100% ☐ Play YouTube Subscription ☐ Spin Warm Study	0% ☐ Spin Warm Yoga ☐ Spin Warm Study ☐ Spin Park Run	50% ☐ Spin Warm Study Group ☐ Spin Cool Study	0% ☐ Play YouTube Subscription ☐ Spin Cool Jonathon ☐ Order Amazon ☐ Heat Prep
0% ☐ Spin Gym ☐ Spin Warm Study	25% ☐ Play YouTube Subscription ☐ Take a call for service ☐ Spin Gym with Jonathon	50% ☐ Spin Warm Study Group ☐ Spin Warm Yoga ☐ Spin Warm Study	67% ☐ Spin Gym ☐ Spin Warm Study with Jonathon	0% ☐ Play YouTube Subscription ☐ Take a call for service	50% ☐ Spin Warm Study Group ☐ Spin Warm Yoga	25% ☐ Spin Gym ☐ Spin Cool Jonathon ☐ Spin Drinks with Papirose ☐ Heat Prep
25% ☐ Play YouTube Subscription ☐ Spin Warm Study ☐ Order Amazon ☐ Heat Prep	25% ☐ Spin Warm Yoga ☐ Spin Warm Study ☐ Spin Park Run	100% ☐ Spin Cool Jonathon ☐ Spin Cool Study	0% ☐ Spin Warm Study ☐ Spin Cool Study ☐ Order Amazon	33% ☐ Spin Warm Yoga ☐ Spin Warm Study ☐ Spin Park Run	50% ☐ Spin Warm Study Group ☐ Spin Cool Study	75% ☐ Play YouTube Subscription ☐ Spin Warm Study ☐ Spin Cool Jonathon ☐ Order Amazon ☐ Heat Prep
25% ☐ Spin Warm Study Group ☐ Spin Warm Yoga ☐ Spin Warm Study						

TOP GOALS

1

SAVE 1000\$

2

ACHIEVE HEALTHY WEIGHT

3

90K TIKTOK LINES

4

5

TO DO LIST

☐ PAY ELECTRIC BILLS
☐ FRESH PRODUCE
☐ SPIN WARM STUDY
☐ ORDER AMAZON
☐ ORDER AMAZON
☐ SPIN WARM STUDY
☐ SPIN WARM STUDY
☐ CHIL LANE LECTURE REVIEW
☐ RESPOND TO EMAILS
☐ START A GRATITUDE JOURNAL
☐ BRUSH TEETH
☐ DRINK WATER

EASY TO USE.