

PLAN THE THINGS // DO THE THINGS

TWENTY TWENTY TWO

JAN	FOCUS:	1 SAT	2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT	9 SUN	10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN	17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT	23 SUN	24 MON	25 TUE	26 WED	27 THU	28 FRI	29 SAT	30 SUN	31 MON	NOTES:		
FEB	FOCUS:	1 TUE	2 WED	3 THU	4 FRI	5 SAT	6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT	13 SUN	14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN	21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT	27 SUN	28 MON				NOTES:		
MAR	FOCUS:	1 TUE	2 WED	3 THU	4 FRI	5 SAT	6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT	13 SUN	14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN	21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT	27 SUN	28 MON	29 TUE	30 WED	31 THU	NOTES:		
APR	FOCUS:	1 FRI	2 SAT	3 SUN	4 MON	5 TUE	6 WED	7 THU	8 FRI	9 SAT	10 SUN	11 MON	12 TUE	13 WED	14 THU	15 FRI	16 SAT	17 SUN	18 MON	19 TUE	20 WED	21 THU	22 FRI	23 SAT	24 SUN	25 MON	26 TUE	27 WED	28 THU	29 FRI	30 SAT		NOTES:		
MAY	FOCUS:	1 SUN	2 MON	3 TUE	4 WED	5 THU	6 FRI	7 SAT	8 SUN	9 MON	10 TUE	11 WED	12 THU	13 FRI	14 SAT	15 SUN	16 MON	17 TUE	18 WED	19 THU	20 FRI	21 SAT	22 SUN	23 MON	24 TUE	25 WED	26 THU	27 FRI	28 SAT	29 SUN	30 MON	31 TUE	NOTES:		
JUN	FOCUS:	1 WED	2 THU	3 FRI	4 SAT	5 SUN	6 MON	7 TUE	8 WED	9 THU	10 FRI	11 SAT	12 SUN	13 MON	14 TUE	15 WED	16 THU	17 FRI	18 SAT	19 SUN	20 MON	21 TUE	22 WED	23 THU	24 FRI	25 SAT	26 SUN	27 MON	28 TUE	29 WED	30 THU		NOTES:		
JUL	FOCUS:	1 FRI	2 SAT	3 SUN	4 MON	5 TUE	6 WED	7 THU	8 FRI	9 SAT	10 SUN	11 MON	12 TUE	13 WED	14 THU	15 FRI	16 SAT	17 SUN	18 MON	19 TUE	20 WED	21 THU	22 FRI	23 SAT	24 SUN	25 MON	26 TUE	27 WED	28 THU	29 FRI	30 SAT	31 SUN	NOTES:		
AUG	FOCUS:	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT	7 SUN	8 MON	9 TUE	10 WED	11 THU	12 FRI	13 SAT	14 SUN	15 MON	16 TUE	17 WED	18 THU	19 FRI	20 SAT	21 SUN	22 MON	23 TUE	24 WED	25 THU	26 FRI	27 SAT	28 SUN	29 MON	30 TUE	31 WED	NOTES:		
SEP	FOCUS:	1 THU	2 FRI	3 SAT	4 SUN	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT	11 SUN	12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT	18 SUN	19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT	25 SUN	26 MON	27 TUE	28 WED	29 THU	30 FRI		NOTES:		
OCT	FOCUS:	1 SAT	2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT	9 SUN	10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN	17 MON	18 TUE	19 WED	20 THU	21 FRI	22 SAT	23 SUN	24 MON	25 TUE	26 WED	27 THU	28 FRI	29 SAT	30 SUN	31 MON	NOTES:		
NOV	FOCUS:	1 TUE	2 WED	3 THU	4 FRI	5 SAT	6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT	13 SUN	14 MON	15 TUE	16 WED	17 THU	18 FRI	19 SAT	20 SUN	21 MON	22 TUE	23 WED	24 THU	25 FRI	26 SAT	27 SUN	28 MON	29 TUE	30 WED		NOTES:		
DEC	FOCUS:	1 THU	2 FRI	3 SAT	4 SUN	5 MON	6 TUE	7 WED	8 THU	9 FRI	10 SAT	11 SUN	12 MON	13 TUE	14 WED	15 THU	16 FRI	17 SAT	18 SUN	19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT	25 SUN	26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT	NOTES:		
KEY:																		REMEMBER:																	