



Forward: About This Workshop

There is something magical about setting goals. Sometimes it seems as though the act of setting and writing down your goals brings some greater assistance into play – it is almost as if the universe conspires to assist you.

I set goals for the first time when I was 18 years old and am deeply grateful for it. I am sure that it is largely due to those goals that I have lived an exciting and full life, so far. I am also grateful that I set goals at a young enough age to dream without limits and hesitation. I have since noticed that as people age they tend to become more careful and conservative about the goals they set – often appear not to have the capacity to really dream when thinking about goals.

It is with this in mind that I teach people of all ages to set goals like a child. I tell them to treat goal-setting a bit like a child writing to Santa Claus – to write down everything they want out of life and to do so without judgement. It is with that spirit that I wrote my first list of goals which included lofty ideas like becoming a millionaire by 30, visiting 70 countries, climbing Kilimanjaro, running the London Marathon and over 30 other goals, many of which at the time seemed impossible. I remember thinking, as I reviewed my list, that if I did half the things on my list by the end of my life it would have been a full life. At 30 I realised that I needed a new list.

Over the years people have asked me about setting goals and how I manage to pack so much into life. For example, the general manager I hired to run an IT company I once owned in the UK asked me how I had, by my early 30's, started a company that was turning over almost 5 million dollars a year while maintaining a speaking career and the still manage to take 14 weeks a year off to visit family and pursue my passion for wildlife photography. Initially I didn't know the answer. To me, living that way was just, well, normal. The idea of conceiving a goal and making it happen seemed straight forward to me. Let me be clear: I did not achieve every goal I set but I achieved enough of them that I was being regarded by many as a master of manifestation. And yet, to me, there was nothing special in what I was doing.

When I learned about NLP, and more specifically modelling, I decided to take a deeper look at my success. Using NLP modelling techniques I examined each step of the goal setting and getting process I had used – both conscious and unconscious steps – and used my findings to teach others how to do the same.

This program, like many others, can change your life. And like any program, the degree to which it does is directly related to how much you put into it. The process is long and hard and requires dedication and focus but when you are finished you will have a renewed and powerful sense of optimism about your future and your life.

To your outstanding success,

Eric Edmeades

Non-Physical Assets and Liabilities

Remember, not all your assets or liabilities are financial. For this list, you are looking for traits of yours that either have a positive or negative impact on the quality of your life. Being late on a regular basis, losing your temper often, consistently putting things off are all liabilities where as being a natural leader, a great singer or being able to make people laugh are all examples of assets.

Once you have completed your list, circle one or two liabilities that are holding you back the most.

ASSETS

LIABILITIES

The Obstacle Course

*"The greater difficulty,
the more glory in surmounting it."*

- Epicurus



Steps to Failure

[illegible]

Steps to Success

Write down a list of things you could do to increase the chances of having a more perfect day.

[illegible]

Now, from the Perfect Day list, take each of the activities and place them into the template below assigning each on a start and end time.

7

Unlimited Thinking

*"To be pleased with one's
limits is a wretched state."*

- Johann Wolfgang von Goethe

An excerpt from the book, Unlimited Thinking, by Eric Edmeades:

Unlimited Thinking has been an integral part of human history. Almost every major advance made in our past has been the result of someone's undaunted ability to think without limits or, at least, to think around them.

This is true of flying, driving, horseback riding, boating, light bulbs, ballpoint pens, space exploration, computers, and all other everyday components of life today. Limiting beliefs and worse, the limiting beliefs of others, could have derailed many of the ideas that spawned these results. Not everyone agreed that we would be able to fly, travel in space or even design a vehicle that could move without the aid of horses. The inventors and designers of these innovations first had to quiet their own doubts - then they had to turn a deaf ear to the doubts and limits offered by everyone else.

In a letter to me, Prof. G.T. du Toit wrote, "New ideas always engender criticism, antagonism, jealousy and resistance which have to be overcome." To further that thought, a quote from Chicken Soup for the Soul said, "Those who say it can not be done, should not interrupt those who are doing it."

Those that have been able to practice true Unlimited Thinking seem to create the most impressive results. No one would argue that people like; Thomas Edison, Martin Luther King Jr., Walt Disney, Henry Ford, Bill Gates, Sir John Marks Templeton, Winston Churchill, Nelson Mandela, Warren Buffet, Charles Lindbergh, and The Wright Brothers are all known for their talent for thinking without or around limits. If not for their ability to put 'natural limitations' aside, the world would be a very different place.

How different will your life be once you remove the limits from your dreams?

Create a list of things about yourself, life or your circumstances that are or may be holding you back. If you have any trouble determining what these are, ask yourself this question:

Then, ask your self what it is about your or about life that prevents you from doing or accomplishing those things.

[illegible]

Setting Goals

*"A goal properly set
is halfway reached."*

- Zig Ziglar

Financial Goals

*"Successful people make money.
It's not that people who make money
become successful, but that successful
people attract money. They bring
success to what they do."*

– Wayne Dyer

Financial Goals

NET WORTH GOALS

Financial Milestones

At what age will you achieve Wealth? _____

At what age will you achieve Financial Independence? _____

At what age will you achieve Financial Freedom? _____

Net Worth Goals

NW at end of this year: _____

NW at end of next year: _____

NW fives years from now: _____

NW ten years from now: _____

Income Goals

Monthly Income Goal (This year): _____ X 12 = _____

Monthly Income Goal (Next year): _____ X 12 = _____

Monthly Income Goal (Five Years on): _____ X 12 = _____

Monthly Income Goal (Ten Years on): _____ X 12 = _____

Definitions:

- Wealth: *Having more income from one's occupation and investments than one needs.*
- Financial Independence: *Having enough investment income to meet your basic living requirements.*
- Financial Freedom: *Having enough investment income to meet your wants.*

Financial Maintenance Goals

Financial Wellbeing

- Are your taxes up to date? _____
- If you need it, do you have the right life insurance for your situation? _____
- Have you prepared a will so that your estate would be well managed? _____
- Do you have a financial plan? _____
- If so, are you using it properly? _____
- Are your financial affairs in order (bills paid etc.) _____

Additional Steps (For Financial Health)

Description of Goal	P	T
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Note: "P" is Priority – Rate as "A", "B" or "C" in order of importance to you.
"T" is timing – As in, how many years from now will this goal be achieved.

Spiritual Goals

*"Our deepest fear is not that we
are inadequate. Our deepest fear is
that we are powerful beyond measure."*

- A Course In Miracles

Spiritual Goals

[illegible]



Spiritual Maintenance includes anything that helps you keep in touch with the spiritual side of your life. For some people this may include walks on the beach, meditating, yoga, sex or going to church to actively practice religion, as you understand it.

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Identity Goals

"The only thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

- Viktor Frankl

[illegible]

Emotional Mastery

Sometimes it feels as though we experience life through our emotions. You often hear people saying, "I am just a bit down today" or "I am just having an off day" as if it is someone outside them that determines how they feel that day.

Real emotional mastery comes from choosing to be on the _____ side of the "cause = effect" equation. It means choosing your response and the meanings you attach to things.

For this section, please create two lists:

- 1) Emotions you are committed to experiencing more of and with greater intensity.
- 2) Emotions you are committed to experiencing less of and with reduced intensity.

Emotions I Really Enjoy	P	T	Emotions I don't enjoy so much	P	T

"Life is a succession of lessons that must be lived to be understood."

- Helen Keller

Relationship Goals

*Family means too much, and
friends are too important,
to put them off for another day.*

*True friendship is not about being
there when it is convenient; it is about
being there when it is not.*

Relationship Goals

[illegible]

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

- Elbert Hubbard

Overall Goals

Perfect Partner List

[illegible]

*Fate introduced you to me. I then chose you as a friend.
Falling in love – now that I had no control over.*

Health Goals

*What if you only got one body –
you know, to live your whole life in –
then how would you treat it?*

- The Human Diet

Health Goals

Milestones

What will your weight be at the end of this year: _____

What will your weight be at the end of next year: _____

What will your body fat percentage be at the end of this year: _____

What will your body fat percentage be at the end of next year: _____

[illegible]



Description of Goal

[illegible]

Basic Emotional Needs

People have powerful emotional needs and while, for some people, certain emotional needs are stronger than others, the degree to which any of us achieve these needs completely will determine the overall level of happiness or contentedness with which we live our lives.

One challenge that exists for people in satisfying these needs is the fact that they can be satisfied by either positive or negative means. Take for example a child who is feeling insignificant and ignored while his parent does the grocery shopping. Eventually the need for significance and connection may cause the child to overact or behave in a way that may result in a rebuke – verbal or physical – from the parent. The horrifying part is that that rebuke, even if it is emotionally or physical painful, will satisfy the child's need in the moment – a child will get the attention it needs one way or another. Adults are no different. We too can be tempted to use negative means to achieve our emotional needs if we are not meeting them constructively. In fact, if it supports our emotional needs, we will allow even the most important of our goals to slip away.

It is important for us to understand these needs and then to satisfy them to the best of our ability so as to prevent any unconscious attempts on our part to satisfy them in ways that will hurt us in the long term.

Our basic emotional needs stem from our long history of physical, social and emotional evolution and can be placed in six categories.

Significance

The need for significance is closely tied to our sense of survival – if a member of the community feels unwanted or insignificant than they feel less secure about their survival. Often, when someone shouts at a service worker, subordinate or member of their family, they are doing so because the level of significance they are experiencing in life at the moment is too low. People with a balance sense of significance rarely shout at or threaten others

Connection (Love)

This is another of the emotional needs tied to survival. Our need for connection is so powerful that, like significance, we will go to almost any lengths to satisfy it. Again, working hard to make sure that you satisfy this need through positive means will reduce the chances that you will undertake negative or destructive actions to satisfy it.

Certainty / Consistency

The requirement certainty is also tied to survival. Historically, times of significant change – say in the weather, migratory patterns of animals or politics – have been times when people have felt most threatened. For example, a political leader with a very low approval rating can still win an election because people would often rather choose the “evil they know rather than the evil they don't know.”

Uncertainty / Variety

The need for a variety in life is tied both to survival and spirituality. For example, if we do not seek dietary variety we may not satisfy our basic nutritional requirements. On the spiritual side we have a need for growth (see below) and one of the ways that we achieve growth is through subjecting ourselves to variety.

An example of how this can be a problem may be when someone feels safe and secure in a given profession, business, relationship or other circumstance, and yet they may find themselves unconsciously sabotaging that circumstance. Often this is simply the unconscious mind working to satisfy a person's requirement for variety

Contribution

This is one of the spiritual needs and is stronger for some than for others. Generally, the happier and well adjusted someone is the stronger their need and capacity for contributing to those around them.

Growth

Growth is another spiritual need that is tied to survival. Instinctively, it seems, we are aware that if we are not growing that our chances for survival are diminished. This is why people seem to flourish when facing light adversity and wither when life is too easy – if employees, for example, are not provided with enough challenge they may well leave or find another way to satisfy their need for growth.

The better job a person does of satisfying these needs the less likely they are self-sabotage because, general, self-sabotage is the result of the unconscious mind satisfying one or more of these needs. Further, the more closely tied your goals are to your emotional needs the harder your unconscious mind will work to assist you in their attainment. For example, if you have a goal that the accomplishment of would satisfy 4 of your needs you will work much harder to achieve it than a goal that is tied only to one.

Goals and the Basic Human Needs



Go back and find the 25 goals that seem/feel most important to you and re-write them in the list below. Then grade each goal based on how well achieving it would satisfy each of the basic emotional needs and total the score at the end of the row.

[illegible]

Planning and Strategies

*"If you go to work on your goals,
your goals will go to work on you.
If you go to work on your plan,
your plan will go to work on you.
Whatever good things we build
end up building us."*

- Jim Rohn

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

1) _____

2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

1) _____

2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

- 1) _____
- 2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

1) _____

2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

- 1) _____
- 2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

- 1) _____
- 2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

1) _____

2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

- 1) _____
- 2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

1) _____

2) _____

My Signature: _____ Dated: _____

Goal: _____

Achieving this goal now is important to me because:

One Time Actions

Incremental Steps

Potential Obstacles, Limits or Challenges:

Masterminding Exercise

Goal: _____

Specific: ☐

Achievable: ☐

Toward: ☐

Measurable: ☐

Responsible: ☐

Goal re-stated (If required):

2 Main Obstacles, Limits or Challenges:

- _____
- _____

Mastermind Team Ideas/Suggestions:

My two commitments to my team:

- 1) _____
- 2) _____

My Signature: _____ Dated: _____

Daily Plan Template

[illegible]

[illegible]

[illegible]

Success Calendar

"Failing to plan...is planning to fail."

- Proverb

January 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, January 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, January 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, January 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, January 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, January 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Saturday, January 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Sunday, January 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>



How's Life?

January 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, January 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, January 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, January 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, January 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, January 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Saturday, January 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Sunday, January 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
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How's Life?

January 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, January 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, January 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, January 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, January 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, January 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Saturday, January 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Sunday, January 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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How's Life?

January 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, January 22, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, January 23, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, January 24, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, January 25, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, January 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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Saturday, January 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>

Sunday, January 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

January 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, January 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, January 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, January 31, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, February 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, February 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, February 3, 2007

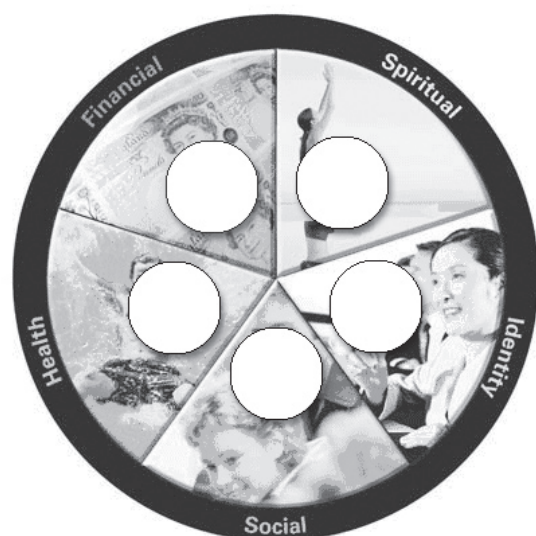
Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, February 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

1LIFE Planner

plan it. live it.™

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, February 5, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, February 6, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, February 7, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, February 8, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, February 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, February 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, February 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, February 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, February 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, February 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, February 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, February 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, February 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, February 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, February 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, February 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, February 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, February 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, February 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, February 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, February 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

February 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, February 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, February 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, February 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, March 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, March 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, March 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, March 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, March 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, March 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, March 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, March 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Friday, March 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>

Saturday, March 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>

Sunday, March 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>
_____	_____	_____ <input type="radio"/>



How's Life?

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, March 12, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, March 13, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, March 14, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, March 15, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, March 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, March 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, March 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, March 19, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, March 20, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, March 21, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, March 22, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, March 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, March 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, March 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

March 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, March 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, March 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, March 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, March 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, March 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, March 31, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, April 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, April 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, April 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, April 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, April 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, April 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, April 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, April 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, April 9, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, April 10, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, April 11, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, April 12, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, April 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, April 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, April 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, April 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, April 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, April 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, April 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, April 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, April 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, April 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

April 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, April 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, April 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, April 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, April 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, April 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, April 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, April 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, April 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, May 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, May 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, May 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, May 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, May 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, May 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

1LIFE Planner

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

[illegible][illegible][illegible][illegible]

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, May 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, May 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, May 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1LIFE Planner

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This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, May 14, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, May 15, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, May 16, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, May 17, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, May 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, May 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, May 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

May 2007

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, May 21, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, May 22, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, May 23, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, May 24, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, May 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, May 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, May 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

May 2007													
		1	2	3	4	5							
6	7	8	9	10	11	12							
13	14	15	16	17	18	19							
20	21	22	23	24	25	26							
27	28	29	30	31									

1
LIFE
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Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, May 28, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Tuesday, May 29, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Wednesday, May 30, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Thursday, May 31, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, June 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, June 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, June 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, June 4, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, June 5, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, June 6, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, June 7, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

July 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, June 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, June 9, 2007

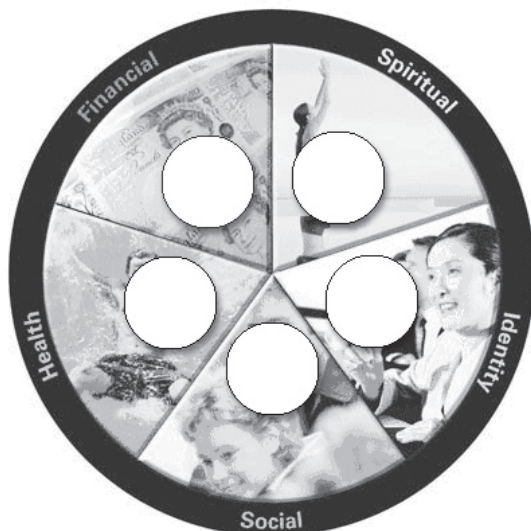
Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, June 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, June 11, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, June 12, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, June 13, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, June 14, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

July 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, June 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, June 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, June 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, June 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, June 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, June 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, June 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

July 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, June 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, June 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, June 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

June 2007

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, June 25, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Tuesday, June 26, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Wednesday, June 27, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Thursday, June 28, 2007

Morning Schedule	Afternoon Schedule	Momentum Steps

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

July 2007

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, June 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, June 30, 2007

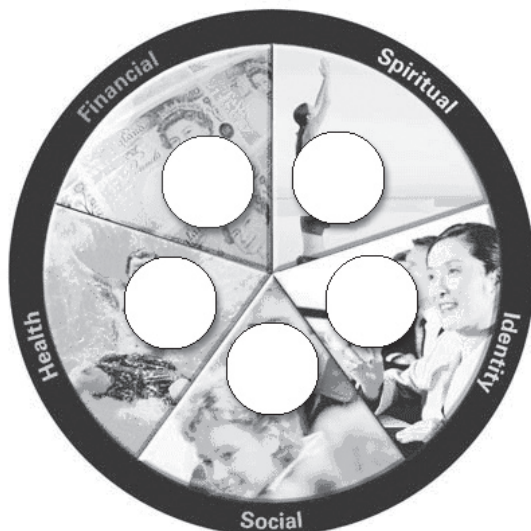
Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, July 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

July 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1
LIFE
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Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, July 2, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Tuesday, July 3, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Wednesday, July 4, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Thursday, July 5, 2007	Momentum Steps					
Morning Schedule	Afternoon Schedule					

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, July 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, July 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, July 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

July 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1
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Planner

This week’s affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, July 9, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, July 10, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, July 11, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, July 12, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, July 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, July 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, July 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

July 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1
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Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, July 16, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, July 17, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, July 18, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, July 19, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, July 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, July 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, July 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

July 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1
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Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, July 23, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, July 24, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, July 25, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, July 26, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, July 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, July 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, July 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

July 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1
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Planner

This week’s affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, July 30, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, July 31, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, August 1, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, August 2, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, August 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, August 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, August 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, August 6, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, August 7, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, August 8, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, August 9, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, August 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, August 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, August 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

August 2007

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, August 13, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, August 14, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, August 15, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, August 16, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, August 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, August 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, August 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

August 2007

		1	2	3	4
5	6	7	8	9	10
11	12	13	14	15	16
17	18	19	20	21	22
23	24	25	26	27	28
29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, August 20, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, August 21, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, August 22, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, August 23, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, August 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, August 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, August 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

August 2007

			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, August 27, 2007**Momentum Steps**

Morning Schedule

Afternoon Schedule

Tuesday, August 28, 2007**Momentum Steps**

Morning Schedule

Afternoon Schedule

Wednesday, August 29, 2007**Momentum Steps**

Morning Schedule

Afternoon Schedule

Thursday, August 30, 2007**Momentum Steps**

Morning Schedule

Afternoon Schedule

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, August 31, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, September 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, September 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, September 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, September 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, September 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, September 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, September 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, September 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, September 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, September 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Tuesday, September 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Wednesday, September 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Thursday, September 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, September 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, September 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, September 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, September 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, September 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, September 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, September 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, September 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, September 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, September 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

September 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, September 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, September 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, September 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, September 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, September 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, September 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, September 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, October 1, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, October 2, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, October 3, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, October 4, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

November 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, October 5, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, October 6, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, October 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, October 8, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, October 9, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, October 10, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, October 11, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

November 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, October 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, October 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, October 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, October 15, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, October 16, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, October 17, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, October 18, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

November 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, October 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, October 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, October 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, October 22, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, October 23, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, October 24, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, October 25, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

November 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, October 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, October 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, October 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

October 2007

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, October 29, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Tuesday, October 30, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Wednesday, October 31, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Thursday, November 1, 2007**Momentum Steps**

Morning Schedule	Afternoon Schedule	

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

November 2007

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, November 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, November 3, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, November 4, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Perfect Day Plan		Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Plan my day!							
2	See it done (Manifest)							
3								
4								
5								
6								
7								

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Mon	Tues	Wed	Thur	Fri	Sat	Sun
-----	------	-----	------	-----	-----	-----

Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, November 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, November 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, November 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Perfect Day Plan		Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Plan my day!							
2	See it done (Manifest)							
3								
4								
5								
6								
7								

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Momentum Steps

[illegible]

Mon	Tues	Wed	Thur	Fri	Sat	Sun
-----	------	-----	------	-----	-----	-----

Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, November 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, November 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, November 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



This week's affirmation:

Perfect Day Plan		Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Plan my day!							
2	See it done (Manifest)							
3								
4								
5								
6								
7								

[illegible][illegible][illegible][illegible]

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, November 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Saturday, November 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Sunday, November 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>



How's Life?

November 2007						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1
LIFE
plan it. live it.™

Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, November 26, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, November 27, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, November 28, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, November 29, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, November 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, December 1, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, December 2, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, December 3, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, December 4, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, December 5, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, December 6, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

January 2008

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, December 7, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, December 8, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, Decmeber 9, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, December 10, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, December 11, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, December 12, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, December 13, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

January 2008

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, December 14, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, December 15, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, December 16, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, December 17, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, December 18, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, December 19, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, December 20, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

January 2008

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, December 21, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, December 22, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, December 23, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Planner

This week's affirmation:

Perfect Day Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, December 24, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Tuesday, December 25, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Wednesday, December 26, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Thursday, December 27, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Health Plan

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

January 2008

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, December 28, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, December 29, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, December 30, 2007

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

December 2007

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Planner

This week's affirmation:

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)							
3							
4							
5							
6							
7							

Monday, December 31, 2007	Momentum Steps
Morning Schedule	Afternoon Schedule

Tuesday, January 1, 2008	Momentum Steps
Morning Schedule	Afternoon Schedule

Wednesday, January 2, 2008	Momentum Steps
Morning Schedule	Afternoon Schedule

Thursday, January 3, 2008	Momentum Steps
Morning Schedule	Afternoon Schedule

Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
Protein Days							

January 2008

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week's primary focus goal:

Random Goal Action Steps

Goal No.	Description of Goal	This Week's Momentum Step(s)	Done

Friday, January 4, 2008

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Saturday, January 5, 2008

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

Sunday, January 6, 2008

Momentum Steps

Morning Schedule	Afternoon Schedule	
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



How's Life?

Manifestation

"Our intention creates our reality."

- Wayne Dyer



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Future Journal: One Year from Now

[illegible]

[illegible]

Future Journal: Ten Years from Now

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Notes

Lined area for notes.