

MONTHLY ACTIVITY PLANNER

WHAT ARE YOUR GOALS FOR THE MONTH?

Write down what you want to get out of this month.

Use this planner to keep track of your goals, progress and planned sessions for the month.

Fill in the calendar below. If you didn't stick to your plan, don't worry - we all know that life can get in the way. Be kind to yourself and try again,

MON		TUES		WEDS		THURS		FRI		SAT		SUN	

HOW DID THIS MONTH GO?

Use this space to reflect on how your activities went this month. Don't forget to reward yourself for making progress on your goals!

