

MY WINTER ARC GOALS

MONTH

	GOALS	ACTION PLAN
1		
2		
3		
4		
5		

WINTER ARC RULES

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WINTER ARC PLANNER

MONTH _____

GOALS 1 _____

2 _____

3 _____

4 _____

5 _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

TODAY I FEEL...

NOTES
