





Week of: \_\_\_\_\_ Daily Goal: \_\_\_\_\_

1							
2							
3	$\Diamond$	$\Diamond$	$\Diamond$	$\Diamond$		$\Diamond$	$\Diamond$
4	$\Diamond$		$\Diamond$	$\Diamond$	$\Diamond$	$\Diamond$	$\Diamond$
5	$\Diamond$		$\Diamond$	$\Diamond$		$\Diamond$	$\Diamond$
6	$\Diamond$	$\Diamond$	$\Diamond$	$\Diamond$		$\Diamond$	$\Diamond$
7	$\Diamond$					$\Diamond$	

TOTAL OF: \_\_\_\_\_

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