Weekly Plan

#	Done	ABC	Milestones / Deliverables / Big Rocks	Time	Project	Notes
1						
2						
2						
3						
4						
5						
6						
7						
7						
8						
9						
10						
			Total Time			
			Discretionary Time (from your calendar)			
			Process			
		1	Values			
		2				
		3				
		5				
		6	, , ,			
		7	Discretionary Time			
		8				
		9				
		10				

Weekly Calendar

Date		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00						
9:00						
10:00						
11:00						
12:00						
						Sunday
1:00						
2:00						
3:00						
3:00						
4:00						
5:00						
6:00						
0.00						
	Discretionary:	Discretionary:	Discretionary:	Discretionary:	Discretionary:	Discretionary:
	Daily Tasks					