

## WEEKLY ACCOUNTABILITY GUIDE

WAG – VERB: to be in motion



Weekly Goals:

- 1.
- 2.
- 3.

*You get 24 hours in a day, start tracking where you're spending your time.*

DATE	DAY OF THE WEEK & DAILY GOALS	G	Y	M	W	O	R	L	S	E	D	O	T
	<i>These should be goals that can be easily obtained during the day with proper planning &amp; time management.</i>												
	<b>SUNDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>MONDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>TUESDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>WEDNSDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>THURSDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>FRIDAY: Wake up time-</b>												
	1. 2. 3.												
	<b>SATURDAY: Wake up time-</b>												
	1. 2. 3.												
Daily Yes / No	Vitamins	1 Gallon of Water	Stick to a Diet	Meditation / Manifestation	Sunshine	Stretching	Audiobook						
SUNDAY													
MONDAY													
TUESDAY													
WEDNSDAY													
THURSDAY													
FRIDAY													
SATURDAY													

**Weekly Goal Completion:**

1. Yes / No

2. Yes / No

3. Yes / No