

Weekly habits — *flexible goals*

WEEK OF _____

Set an honest target per week ("×3" beats forcing every day) — any day can complete it. Shade the days you did it; the week wins when shaded ≥ target.

HABIT	TARGET / WK	MON	TUE	WED	THU	FRI	SAT	SUN	DONE?
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								
	×_ _ _								

A light week still counts.
2 of 3 is not failure — it's two wins. Carry nothing into next week except the habit.

WEEK NOTES