

Weekly Design

**Perpetual Action**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

| TASK                     | MON. | TUE. | WED. | THU. | FRI. | SAT. | SUN. | TOTAL/GOAL |
|--------------------------|------|------|------|------|------|------|------|------------|
| Up at 6:00 AM            | X    | X    |      | X    | X    |      |      | 4 / 4      |
| Exercise                 | X    |      | X    |      | X    |      |      | 3 / 4      |
| Read to kids             | X    |      | X    | X    |      | X    |      | 4 / 5      |
| 3 servings of greens     | 4    | 2    | 2    | 3    | 0    | 3    | 2    | 15 / 21    |
| 8 referral presentations | 3    | 0    | 1    | 3    | 1    | 0    | 0    | 8 / 8      |
| Prayer time daily        | X    | X    |      | X    | X    |      | X    | 5 / 7      |

**Progressive Action**

**Completed**

1. Complete and deliver Tom's proposal \_\_\_\_\_
2. Bring car through inspection \_\_\_\_\_
3. Organize mailing list \_\_\_\_\_
4. Complete Referral Presentation form \_\_\_\_\_
5. Have staff meeting concerning Expo \_\_\_\_\_
6. Plan year end business goals \_\_\_\_\_
7. Put together chamber ad \_\_\_\_\_
8. Take Timmy bike shopping \_\_\_\_\_
9. Pick up surprise for Renee \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_