



| TASK/GOAL | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----|-----|-----|-----|-----|-----|
|           |     |     |     |     |     |     |     |
|           |     |     |     |     |     |     |     |
|           |     |     |     |     |     |     |     |
|           |     |     |     |     |     |     |     |
|           |     |     |     |     |     |     |     |
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IF I REACH MY GOAL, I GET:

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