



Week 1: Affirmation: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Welcome! Meeting: Jan. 6, 2025 7:15-7:45pm Princess Ballroom	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	Journal about my successes for the week. What can I do better for next week?
Send progress photos or video to TeamApp or ericka@neishas.com		Check in on Team App.		Check in on Team App.		

Week 2: Affirmation: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	Journal about my successes for the week. What can I do better for next week?
Send progress photos or video to TeamApp or ericka@neishas.com		Check in on Team App.		Check in on Team App.		



Week 3: Affirmation: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	Journal about my successes for the week. What can I do better for next week?
Send progress photos or video to TeamApp or ericka@neishas.com		Check in on Team App.		Check in on Team App.		

Week 4: Affirmation: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	What did I do today to get closer to my GOAL:	Journal about my successes for the week. What can I do better for next week?
Send progress photos or video to TeamApp or ericka@neishas.com		Check in on Team App.		Check in on Team App.		



Week 5: Affirmation: _____

Monday	Tuesday
What did I do today to get closer to my GOAL:	Celebration! You Did it!!!! Celebration Meeting: Feb. 4, 2025 7:15-7:45pm Princess Ballroom
Send progress photos or video to TeamApp or ericka@neishas.com	Final progress photo and/or video and group photo.