

The 12 WEEK YEAR

12 Week Goals

List all the goals you want to achieve by the end of the period. Remember to be S.M.A.R.T. (Specific - Measurable - Attainable - Relevant- Time-Bound) Some areas to consider - Finance, Business, Health, Fitness, Relationships, Travel.
By date, I will have accomplish the following goals:

- _____
- _____

12 Week Tactics

Goal #1: What is the goal?			
Key Tactics/Actions I will put in place List all the tactics needed for you to reach your goal.			
Tactics	Type of Tactics	Due Date	Done
Tactic 1	One off	Week 3	
Tactic 2	Recurring	Week 12	
Score (Percentage of tactics completed)			%

Goal #2: What is the goal?			
Key Tactics/Actions I will put in place			
Tactics	Type of Tactics	Due Date	Done
Tactic 1	One off	Week 3	
Tactic 2	Recurring	Week 12	
Score (Percentage of tactics completed)			%

Time Block - Set up your Schedule for the week	
Block	Day/Time
Strategic	
Buffer	

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12 Week Time Block