



roadmap to health

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## *Roadmap to Health*

*Name:*

*Date:*

*Goal:*

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Week 1, Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Mini Goal:** \_\_\_\_\_ **Stretch Goal:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Reflection:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 2, Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Mini Goal:** \_\_\_\_\_ **Stretch Goal:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Reflection:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 3, Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Mini Goal:** \_\_\_\_\_ **Stretch Goal:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Reflection:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 4, Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Mini Goal:** \_\_\_\_\_ **Stretch Goal:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Reflection:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 5, Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

**Mini Goal:** \_\_\_\_\_ **Stretch Goal:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Reflection:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_