

## Priority List Power Sheet



<b>Weekly Sheet</b>	<b>Date:</b>	<b>Goal:</b>
Priority #1:		Priority #2:
Priority #3:		Priority #4:

### Week Outlook

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

\* Fill out at end of each week for following week



**Week Goals**

1. Nutrition-
2. Fitness-
3. Career-
4. Personal/Family-

**Month Goals**

1. Nutrition-
2. Fitness-
3. Career-
4. Personal/Family-

**Quarter Goals**

1. Nutrition-
2. Fitness-
3. Career-
4. Personal/Family-

**Year Goals**

1. Nutrition-
2. Fitness-
3. Career-
4. Personal/Family-

**Life Goals**

1. Nutrition-
2. Fitness-
3. Career-
4. Personal/Family-

