**COACH WITH MIKE WEEKLY PLANNER ---**

**[www.CoachWithMike.com---](http://www.CoachWithMike.com--- Contact)**

**[Contact](http://www.CoachWithMike.com--- Contact) us for a free coaching session!**

[OBJECTIVE AND TASK BREAKDOWN Personal:](http://www.CoachWithMike.com--- Contact)

[Health ( hrs.):](http://www.CoachWithMike.com--- Contact)

[Personal Tasks ( hrs. ):](http://www.CoachWithMike.com--- Contact)

[Relationships (hrs.)](http://www.CoachWithMike.com--- Contact)

Main Weekly Objectives for week of :

1. Health:
2. Finances:
3. Relationships:
4. Business:

OBJECTIVE AND TASK BREAKDOWN Professional and Financial:

Finances ( hrs.):

Business Development (hrs)

Summary:

—Total for the week = \_\_\_\_ hours spent (112 waking hours in a week if you sleep 8 hours a day)

--- \_\_\_\_ hours me, \_\_\_\_

--- hours my assistant (if you delegated some tasks to an asst.) \_\_\_\_

—Outcome from time spent =

**7 Day visions and goals!**

**My perfect day --- it is Sunday (7 Days from now) I wake up in the morning and what am I celebrating from last week?:**