

## Weekly Checklist

### Week One

- Write 1000 Words on Sunday
- Write 1000 Words on Monday
- Write 1000 Words on Tuesday
- Write 1000 Words on Wednesday
- Write 1000 Words on Thursday
- Write 1000 Words on Friday
- Write 1000 Words on Saturday
- Schedule in Writing Sessions
- Pack snacks for writing session
- Buy Notebook
  
- Pick a meditation spot
- Figure out if I prefer the floor or a chair
- Meditate for five minutes on Sunday
- Meditate for five minutes on Monday
- Meditate for five minutes on Tuesday
- Meditate for five minutes on Wed
- Meditate for five minutes on Thursday
- Meditate for five minutes on Friday
- Meditate for five minutes on Saturday
  
- Replace One sugary latte for black coffee
- Create eating schedule
- Make batches of meals on Sunday
- Throw away all sugar in the house
- Buy berries and apples
  
- Schedule photo shoot
- Buy domain name
- Schedule Launch date
- Buy Hosting
- Schedule Branding Session for next week
  
- Do a 1 minute plank on Sunday
- Do a 1 minute plank on Monday
- Do a 1 minute plank on Tuesday
- Do a 1 minute plank on Wednesday
- Do a 1 minute plank on Thursday
- Do a 1 minute plank on Friday
- Do a 1 minute plank on Saturday
- One Day of Free Weights
- One Day of Running
- Yoga Session
- Yoga Session
- Yoga Session
- Yoga Session

### Week Two

- Write 1000 Words on Sunday
- Write 1000 Words on Monday
- Write 1000 Words on Tuesday
- Write 1000 Words on Wednesday
- Write 1000 Words on Thursday
- Write 1000 Words on Friday
- Write 1000 Words on Saturday
- Schedule in Writing Sessions
- Pack snacks for writing session
  
- Meditate for ten minutes on Sunday
- Meditate for ten minutes on Monday
- Meditate for ten minutes on Tuesday
- Meditate for ten minutes on Wednesday
- Meditate for ten minutes on Thursday
- Meditate for ten minutes on Friday
- Meditate for ten minutes on Saturday
  
- Replace One sugary latte for black coffee
- Replace another sugary
- Create eating schedule
- Make batches of meals on Sunday
- Buy berries and apples
  
- Buy domain name
- Look into Wordpress Themes
- Have Branding Session
  
- Do a 1 minute plank on Sunday
- Do a 1 minute plank on Monday
- Do a 1 minute plank on Tuesday
- Do a 1 minute plank on Wednesday
- Do a 1 minute plank on Thursday
- Do a 1 minute plank on Friday
- Do a 1 minute plank on Saturday
- One Day of Free Weights
- One Day of Running
- Yoga Session
- Yoga Session
- Yoga Session
- Yoga Session

## Weekly Checklist

### Week Three

- Write 1000 Words on Sunday
- Write 1000 Words on Monday
- Write 1000 Words on Tuesday
- Write 1000 Words on Wednesday
- Write 1000 Words on Thursday
- Write 1000 Words on Friday
- Write 1000 Words on Saturday
- Schedule in Writing Sessions
- Pack snacks for writing session
  
- Meditate for 15 minutes on Sunday
- Meditate for 15 minutes on Monday
- Meditate for 15 minutes on Tuesday
- Meditate for 15 minutes on Wednesday
- Meditate for 15 minutes on Thursday
- Meditate for 15 minutes on Friday
- Meditate for 15 minutes on Saturday
  
- Replace One sugary latte for black coffee
- Replace another latte with coffee
- Replace another latte with coffee
- Create eating schedule
- Make batches of meals on Sunday
- Buy berries and apples
  
- Have photo shoot
- Upload preferred Wordpress Theme
- Start writing copy for Website
  
- Do a 1 minute plank on Sunday
- Do a 1 minute plank on Monday
- Do a 1 minute plank on Tuesday
- Do a 1 minute plank on Wednesday
- Do a 1 minute plank on Thursday
- Do a 1 minute plank on Friday
- Do a 1 minute plank on Saturday
- One Day of Free Weights
- One Day of Running
- Yoga Session
- Yoga Session
- Yoga Session
- Yoga Session

### Week Three

- Write 1000 Words on Sunday
- Write 1000 Words on Monday
- Write 1000 Words on Tuesday
- Write 1000 Words on Wednesday
- Write 1000 Words on Thursday
- Write 1000 Words on Friday
- Write 1000 Words on Saturday
- Schedule in Writing Sessions
- Pack snacks for writing session
  
- Meditate for 20 minutes on Sunday
- Meditate for 20 minutes on Monday
- Meditate for 20 minutes on Tuesday
- Meditate for 20 minutes on Wednesday
- Meditate for 20 minutes on Thursday
- Meditate for 20 minutes on Friday
- Meditate for 20 minutes on Saturday
  
- Replace One sugary latte for black coffee
- Replace another latte with coffee
- Replace another latte with coffee
- Replace another latte with coffee
- Replace another latte with coffee
- Create eating schedule
- Make batches of meals on Sunday
- Buy berries and apples
  
- Edit website copy
- Make a social media launch schedule
- Upload new photos
  
- Do a 1 minute plank on Sunday
- Do a 1 minute plank on Monday
- Do a 1 minute plank on Tuesday
- Do a 1 minute plank on Wednesday
- Do a 1 minute plank on Thursday
- Do a 1 minute plank on Friday
- Do a 1 minute plank on Saturday
- One Day of Free Weights
- One Day of Running
- Yoga Session
- Yoga Session
- Yoga Session
- Yoga Session