

WEEKLY RHYTHM PLANNER

QUOTE OF THE WEEK: _____

LAST WEEK'S PICK: _____

LAST WEEK'S POKE: _____

OBJECTIVES FOR THIS WEEK:

1. _____

2. _____

3. _____

4. _____

5. _____

WHO/WHAT ARE YOU WATCHING/READING/LISTENING TO?

READING: _____

LISTENING: _____

WATCHING: _____

WHAT DO YOU NEED FROM ME?

1. _____

2. _____

B.H.A.G: _____