

## **You don't need instructions to use this calendar...**

...but here are some tips :)

This is a digital calendar but if you decide to print a copy, use a pencil so you can easily make adjustments on the fly.

To use digitally, just upload the file into your graphic design program of choice and add text boxes to edit it.

Write down any big events first, like holidays and family get-togethers.

Next, make sure you note appointments for you and your family: dentist, check-ups, meetings, etc.

Finally, set weekly rest times: milestone rewards, movie night, screen-free Sunday, and the like.

Now you can jot your daily word goal in the "Notes:" section. Each day, write the number of words you were actually able to knock out that day. If you go for three days in a row without meeting your goal, I recommend you adjust your daily goal and schedule in a day each week when you can do word sprints and catch up.

Too many missed days in a row can make you feel like giving up. The idea is to maintain inertia. Success, even with a lowered goal, begets success.

Have fun--you've got this!

# WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:

# WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:

# WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:

# WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:

