NAME

DATE

LAUNCH, GROW & SCALE

PERFECT WEEK

SAMHENDO.COM

LAUNCH > GROW > SCALE

TOP FIVE PRIORITIES	ROAD BLOCKS	MONDAY TO DO	TUESDAY TO DO	WEDNESDAY TO DO	THURSDAY TO DO	FRIDAY TO DO	SATURDAY TO DO	SUNDAY TO DO
1. hkjhkjh	1.	1. cfrfrf	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.	5.	5.	5.

PHYSICAL ACTIVITY

1.
2.
3.
4.
5.

MENTAL WELLBEING

1.
2.
3.
4.
5.

FAMILY/FRIENDS

1.
2.
3.
4.
5.

REWARDS

1.
2.
3.
4.
5.

TIME
6.00am
7.00am
8.00am
9.00am
10.00am
11.00am
12.00pm
1.00pm
2.00pm
3.00pm
4.00pm
5.00pm
6.00pm