

WEEKLY RHYTHM REGISTER

“The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.” —Darren Hardy

| Behavior/Action | Mon | Tues | Weds | Thurs | Fri | Sat | Sun | Achieved | Goal | Net |
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| TOTAL | | | | | | | | | | |

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

Date Range: _____