



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Goals
	1	2	3	4	5 Start a NEW list of goals for the month	6	
7	8 Food Bank of the Rockies 9am	9	10 Go on a walk	11	12	13	
14	15	16	17	18	19 Family game night	20	
21	22	23 Check out our Thrift Store	24	25 Senior Commodities 10:30am	26	27 Socialize with friends/family	
28 Craft Day	29	30					

Celebrate your progress, not perfection.