



WEEKLY BATTLE PLAN

Week	
From	
To	

	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS (Exercise, Mobility)							
FOOD (Food, Water)							
FOCUS (Fish Oil, Sleep)							
SCORE							

What's the ONE thing you need to do this week?

WHEN will you do it?

WHY will you do it?

HOW will you do it?

RETURN & REPORT

FITNESS (Exercise, Mobility)	/7
My Outcome Is...	
ON TRACK	Y/N
What Worked Well Last Week?	
What Needs Improving	

FOOD (Food, Water)	/7
My Outcome Is...	
ON TRACK	Y/N
What Worked Well Last Week?	
What Needs Improving	

FOCUS (Fish Oil, Sleep)	/7
My Outcome Is...	
ON TRACK	Y/N
What Worked Well Last Week?	
What Needs Improving	

TOP 3 WINS			
Achievement	Reason Why	Further Progress	Specific Action

TO DO LIST			
What	When	Why	Who
1			
2			
3			
4			
5			
6			
7			