| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| Write Goals | Write goals | Write Goals | Write Goals | **Write Goals** | **Write Goals** | Write Goals |
| Morning Pages | Morning Pages | Morning Pages | **Morning Pages** | Morning Pages | **Morning Pages.** | Morning Pages |
| Work Out: Upper Body | Work Out: | Work Out | Work Out | Work Out | Work Out | |
| Reprint Task List | Reprint Task List | Reprint Task List | Reprint Task List | Reprint Task List | | |
| Blog Post, Genuine Chris | **Guest Post** | Blog Post, Genuine Chris | **Guest Post** | Blog Post, RRN | **Guest Post** | |
| BHB Post | **Blog Post, RRN** | Check Stats & Numbers across all blogs. | **Blog Post RRN** | **Freelance Blog Post Somewhere.** | **Blog Post RRN** | |
| Linked In Question | Facebook Community Inviting. | Linked In Question | **Promote FT.** | **Promote FT** | Long piece for FT. | |
| 15 strangers | 15 strangers | 15 strangers | 15 strangers | 15 strangers | | |
| 10 friends | 10 friends | 10 friends | 10 friends | 10 friends | | |
| FT POST | F-Therapy Promotion | F-therapy Post | F-therapy promotion | FT Post. | | |
| **Quotes/Quote Follow Up** | **Quotes/Quote Follow Up** | Quotes/Quote Follow Uo | Quotes/Quote Follow Up | Quotes/Quote Follow Up | | |
| HREU CALL | **Gen Chris Link Out Post.** | | FT Link Out Post | **RRN Link Out POST.** | | |
| Write Goals | Write Goals | Write Goals | Write Goals | Write Goals | | |
| Send Thanks | Send Thanks | Send Thanks | Send Thanks | Send Thanks | | |