How to use this planner

Choose one priority for each week. Support it with three important moves and a short daily non-negotiable. At week's end, score the facts instead of judging your feelings.

- [ ] Plan the week before it begins.
- [ ] Keep the week's main result visible.
- [ ] Track only habits that directly support your target.
- [ ] Use the recovery box immediately after a missed day.
- [ ] Review results before planning the next week.

THE MBM BALANCE

Mind protects your direction. Body protects your energy. Money protects your options. Your weekly plan should respect all three.

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Your 12-week direction

AT THE END OF 12 WEEKS I WILL HAVE COMPLETED

WHY THIS MATTERS NOW

WHAT I WILL STOP DOING TO MAKE ROOM

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Week 1: finish the important thing

THIS WEEK'S ONE RESULT

MIND	BODY	MONEY

MON	[ ] Main action	[ ] Body	[ ] Money
TUE	[ ] Main action	[ ] Body	[ ] Money
WED	[ ] Main action	[ ] Body	[ ] Money
THU	[ ] Main action	[ ] Body	[ ] Money
FRI	[ ] Main action	[ ] Body	[ ] Money
SAT	[ ] Main action	[ ] Body	[ ] Money
SUN	[ ] Main action	[ ] Body	[ ] Money

IF I GET OFF TRACK, MY NEXT ACTION IS

WEEKLY FACTS: WHAT WORKED, WHAT DID NOT, WHAT CHANGES

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