

# Become a better you!

| SUBJECT   | ID#     | DESCRIPTION  | DATE DUE       | ACCOMPLISHED                       |
|-----------|---------|--|----------------|------------------------------------|
| Diet      | 0001 #1 | sugar/cream only on one day a week                 | Jan 5 - next 2 | <input type="checkbox"/> 0000001   |
|           | 0001 #2 | watch calories daily                               | Jan 5 - Jan 14 | <input type="checkbox"/> 00010001  |
|           | 0001 #3 | appx. 3x per week                                  | Jan 5 - next 2 | <input type="checkbox"/> 00020001  |
| Spending  | 0001 #1 | set up a budget                                    | Jan 5          | <input type="checkbox"/> 00030001  |
|           | 0001 #2 | No saving one until CHA                            | Jan 5 - Jan 15 | <input type="checkbox"/> 00041000  |
|           | 0001 #3 | Try 10%  | Jan 5          | <input type="checkbox"/> 00050001  |
| Saving    | 0001 #1 | set up savings account for CD's                    | Jan 5          | <input type="checkbox"/> 00060001  |
|           | 0001 #2 | set up auto-debit into savings account             | Jan 5          | <input type="checkbox"/> 00071000  |
|           | 0001 #3 | look at ways to save money on insurance            | Jan 15         | <input type="checkbox"/> 00081     |
| Job       | 0001 #1 | set up four-hour calendar for next 6-months        | Jan 5          | <input type="checkbox"/> 00091     |
|           | 0001 #2 | work on new line for MUSE                          | Jan 5          | <input type="checkbox"/> 00101000  |
|           | 0001 #3 | work on a future line                              | Jan 6-8        | <input type="checkbox"/> 00110001  |
| Kids      | 0001 #1 | read more books                                    | Every Day!     | <input type="checkbox"/> 000010000 |
|           | 0001 #2 | visit the zoo                                      | Jan 10         | <input type="checkbox"/> 00021     |
|           | 0001 #3 | organize clothes and accessories                   | Jan 11         | <input type="checkbox"/> 00030001  |
| Relax     | 0001 #1 | work "the help" with David                         | Feb 19         | <input type="checkbox"/> 00040001  |
|           | 0001 #2 | get a massage                                      | March 8        | <input type="checkbox"/> 00051000  |
|           | 0001 #3 | read a book  | Jan 10         | <input type="checkbox"/> 00060001  |
| Hobby     | 0001 #1 | finish binding quilt                               | Jan 10         | <input type="checkbox"/> 00070001  |
|           | 0001 #2 | Thank You notes                                    | Jan 5          | <input type="checkbox"/> 00081000  |
|           | 0001 #3 | sign up for photography class                      | Jan 11         | <input type="checkbox"/> 00090001  |
| House     | 0001 #1 | Gallery wall?                                      | Jan 15         | <input type="checkbox"/> 00100001  |
|           | 0001 #2 | clean out garage                                   | Jan 5          | <input type="checkbox"/> 00111000  |
|           | 0001 #3 | decorate CD's room                                 | Jan 21         | <input type="checkbox"/> 00121     |
| Spiritual | 0001 #1 | Family Home Evening                                | Every Monday!  | <input type="checkbox"/> 00131     |
|           | 0001 #2 | Family Scripture Reading / prayer/reading schedule | Every Night!   | <input type="checkbox"/> 00141000  |
|           | 0001 #3 | January Visiting Teaching                          | Jan 11         | <input type="checkbox"/> 00150001  |
| Spouse    | 0001 #1 | Go on a date                                       | Jan 11         | <input type="checkbox"/> 000010000 |
|           | 0001 #2 | Cook dinner 3- 4x a week                           | Jan 21         | <input type="checkbox"/> 00021     |
|           | 0001 #3 | Find gifts for Valentine's day                     | Feb 10         | <input type="checkbox"/> 00030001  |