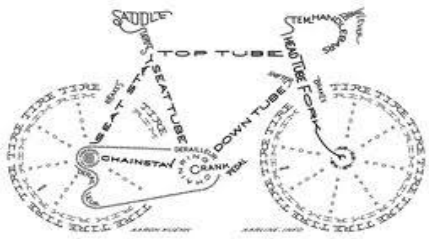

If you don't know where you are going, you will probably end up somewhere else

If you FAIL to plan you PLAN to fail

S	Specific / Significant
M	Measurable / Meaningful
A	Attainable / Achievable
R	Realistic / Relevant
T	Timely / Trackable

WEEKLY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
Time							
Activity							
Time							
Activity							
Time							
Activity							
Time							
Activity							
Time							
Activity							
Time							
Activity							
Time							

GOAL CHART

	Baseline	Horizon