

August 17
-
August 23

habit tracker

7am walk
read water
wind down
11 pm

M	T	W	R	F	S	S	V
x	x	x	x	x	x		
x	x	x	x	x	x		
x	x	x	x	x	x		
x	x	x	x	x	x		

daily review
 M: tired, slept in, played w/ T, relief, work
 T: morning walk, FT, awesome tip, gifts &
 W: worked + bonus
 R: library, park w/ baby, FT Taletha
 F: park w/ fam, nap, dinner Wausau
 S: errands w/ boys, work, Mimi babysit
 S: " outside w/ Thomas & Ellie! cooked cleaned,
 & UWEC w/ T & Ellie! picnic

17 **Monday**

H: 5-11 → \$90
~~LA Leave 9:30 AM~~

18 **Tuesday**

H: 4:30-11 (10:30) → \$120
 * FT Hannah 9:30 AM
 > FT Taletha 11 AM
 X call mom

19 **Wednesday**

Toppers: 5-9 → \$87
 < FT Taletha 12 PM

20 **Thursday**

* EC Library 1 PM
 * FT Taletha 11 AM

21 **Friday**

A: 4:30-CL → \$210

22 **Saturday**

A: 4:30-CL → \$168
 * bank
 * Walmart for prescription
 H: 5-9:30 → \$75

23 **Sunday**

A: 4:30-CL → \$100
 X find FMP banks

August 24 - 30

~50 hrs
 ~660\$-tips
 ~175 wage

Monday

24

* Alex starts CVTC!
 X CREDIT CARD BILL \$46
 > RELS 499 RESOURCES

Tuesday

25

5-11 62
 X BUY SCHOOL BOOKS
 > make budget for Sept.
 X UWEC pickup 8am-8pm
 (Lorn arena)
 X Verizon 140~

Wednesday

26

5-11 55
 < UWEC pickup 8am-8pm
 (Lorn)

MUST DO FOR SCHOOL!

- X get books
- X find RELS resources
- plan RELS 499
- X charge ipad + pencil
- X get matte ipad screen protector

Thursday

27

X RETURN 1 LIBRARY BOOK!

Friday

28

10:30-11 17 → \$194 for
 < Pantry of 930-1030
 1300 Mansfield St
 * projected period ✓



Weekend

29/30

4:30-CL 167
 * projected period
 Sunday
 < Verizon 140
 > mom 300

X RENT 825
 X PAY 230 (mail)
 * Ellie's babysitting Saturday!
 87/165
 4:30-10
 9:30-CL / 9:30-CL

NOTES FOR NEXT WEEK!
 < rent of unit
 Tuesday is the 1st → 825, 50
 School starts Wed, 2nd
 Homework due Thursday, 3rd / FRIDAY, 4th





Week 36

Monday August 31 to Sunday September 6

Monday

- x WORK 430-730 \$49
- x 1230 lunch w/ Debbie + Mitchell, Sovers

daily REVIEW

- good shift
- lots of water
- crabby Thomas
- yelled at Alex ;)
- better evening

NO SODA

Tuesday

- > UWEC bookstore 8a-3p → return / get
- x 930 Megan 12
- > return library books - EL library
- x 370 hw
- x AP WORK 430-CL \$72

- Slept in
- didn't accomplish much
- stayed on budget while shopping!
- crabby / yelled at Alex ;)
- park w/ baby!

NO SODA

wednesday

- x WORK 1030-1 \$25
- > email Jarrod - references / what do I want to accomplish?
- x what is a Fam. Reflection

- good morning w/ baby
- good shift, slow but productive
- on track w/ \$!
- park w/ boys!
- Joann fabrics: got new stamps + brush pens

NO SODA

thursday

- x WORK 1030-1 \$31
- x finish 370 reflection (submitted 9/2)
- > watch 152 collab ultra
- x watch 210 video
- x make intro video-370 (sub. 9/3)

- park w/ boys!
- felt pretty in nice clothes
- haircut
- good shift
- pet dog / met neighbors
- yummy coffee
- Thomas: crabby, lots of poops

Friday

- x AP WORK 430-CL \$170
- x make next weeks spread
- > send pics to Wal-Mart
- > write to Taletha
- x write up sources for Jarrod + email

- felt really good
- soda but not into it
- park in Wisconsin w/ Thomas
- angry email to UWEC
- anxious about \$ / work / school
- homework

Saturday

- x AP WORK 430-CL \$169
- x bank
- x Megan visit!

- weight: 192.0
- park w/ Thomas!
- homework
- overwhelmed w/ school!

Sunday

- x HP WORK 430-D \$64
- x 370-READ
- x write / mail letter to Taletha

- Aldi + Target w/ boys!
- wrote letter!
- so happy / great shift
- time w/ Alex ✓ / cleaned

\$580

~13.3\$/hr
~43.5 hrs

be present

next

WEEK

S M T W T F S

		7	8	9	10	11
13						



JUNE

m t w t f s

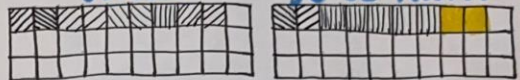
1 Ltt 6:30 Zoom	2 Zoom	3 Zoom	4	5 \$ RENT 825 GB!	6 \$ Spectrum 58.01 GB!
7 Peterson baking Zoom GB!	8	9	10	11	12 Thomas's 1 st bday! 711 Lake St - 2:30
14	15	16	17 1807 N. Oxford Ave 2-3	18	19 711 Lake St 230-330
21	22	23	24	25	26 711 Lake St 230-330
					27 Mom's 53 bday!
28	29	30	*		



Habit Tracker

Walk

50 oz water +



BELIEVE
in yourself

audible: 1hr 30 READ 30

*WORKOUT



NO BINGE



gratitude

Love Thomas & Alex ♡
 Got Pickle ♡
 Saw family
 Green Bay was fun
 Thomas loved swimming
 Bath time with Thomas
 WIC support
 Alex's motivation
 Alex's support



1 THURSDAY

gym

2 FRIDAY

gym

3 SATURDAY

goals

1. journal daily
2. make a gym split/training plan
3. complete ALL history assignments/readings

4 SUNDAY

EASTER

gym
- period (light)

NEXT WEEK

5 mon

x email dr Frei
 x 172 video
 - nose pierced!
 - haircut.
 - new glasses.
 - period (heavy)

6 tue

4-0
 X eh 10
 X quiz 11
 • meal list for 2 weeks
 - period (med.)

7 wed

X 172 passport
 - gym - ok
 - spotting

8 thu

X audible renews - spotting
 X passport - 11 am
 > 284 # 13 / section 1 - 7-8
 - gym - good

9 fri

AMAZON PAYDAY \$\$
 X car renewal
 • fall registration
~~172 extra credit~~
~~Maestra documentary~~
 X apply for jobs
 - gym - ok

10 sat

~~WYNDY~~
 • Chilean
 Arpillera
 Threads of Hope
 > apply for SNAP

11 sun

X GEICO renews
 > 172 notes
 > quiz
 - gym - awesome!



NEXT WEEK

• Kanban board for 172 Project



5-11

12-18



I AM
grateful

FOR MY
ABILITY

TO
create
life



5-11

- Karen 8 AM ✓
- 172 passport readings ✓
- applied for SNAP ✓
- * - emailed Butgold Central about Summer aid

12



10 am - interview ✓

- 172 documentary
- app. for rental assistance
- x 172 testimonials
- x 172 quiz
- x 172 video

13



LUNCH w/ Ellen + Diane

- > 172 passport (TH 11:59 pm)
- > passport readings
- > documentary
- gym - good!

14



No 172 ZOOM

- x email about bookstore interview
- > bring rental assistance app. to Diane
- x email about starting job May 3rd
- x passport
- x readings
- x documentary
- park w/ boys ♥

15



weekly goals

- gym 4x
- x do all 172 assignments → GOOD JOB!

~~16~~

16

- > grade discussion 15



17

- gym - good



18

- > grade discussion 15
- x took into 172 paper



12-18

HABITS

MTWTFSS

brush

read

gym

no binge

wash face

clean



MON 15

very worn down from gym, sleepy, happy

- Shopko Optical 9am ✓
- 284 review session 7-8pm ✓

TUE 16

very happy, good @ gym + work

- quiz 11:59 pm
- office hours 10-11 am collab ultra
- 4-D \$66
- leg day

WED 17

happy, tired, proud of myself

- 5-D \$53
- 12 pm Covid vaccine
- gym
 - arm circuit
 - squats

THU 18

- 172 - 11-12-16 zoom
- passport due



FRI 19

saddy, great after gym

- AP 4-12 \$107

SAT 20

down, crabby, frustrated, snippy

- Jack's show 8 pm

SUN 21

good, ok at gym + good night

- 10:30 - D \$147 → last shift
- gym

MON 22

so happy w/ lil sad, sex time ♥

- take notes on ch 8 → 233-249
- journal

9 Monday
Tuesday

TASKS

- X quiz-172
- passport 172

- X ch 8
- X quiz #6
- * NO LECTURE
- X DOCUMENTARY: "The Storm that Swept Mexico"
- X quiz #7

- ch 9
- quiz #10
- lecture
- canvas read x2
- 257-83
- passport
- zoom TH 11-12/5

- * extra credit 172

- * take more polaroids!

