

2026 MONTHLY MASTER PLANNER & GOAL TRACKER

High-Performance Action System | Priorities, Weekly Sprints & Daily Habits

MONTH: _____

TOP 3 HIGH-IMPACT GOALS FOR THIS MONTH

Goal 1: _____ Deadline: _____ ☐ Completed

Goal 2: _____ Deadline: _____ ☐ Completed

Goal 3: _____ Deadline: _____ ☐ Completed

4-WEEK SPRINT ACTION PLAN & MILESTONE TRACKER

WEEK 1 FOCUS

Key Objective: _____ Target Date: _____

☐ Task A: _____ ☐ Task B: _____

Daily Habit Dots: Mo () Tu () We () Th () Fr () Sa () Su () Weekly Score: ____/7

WEEK 2 FOCUS

Key Objective: _____ Target Date: _____

☐ Task A: _____ ☐ Task B: _____

Daily Habit Dots: Mo () Tu () We () Th () Fr () Sa () Su () Weekly Score: ____/7

WEEK 3 FOCUS

Key Objective: _____ Target Date: _____

☐ Task A: _____ ☐ Task B: _____

Daily Habit Dots: Mo () Tu () We () Th () Fr () Sa () Su () Weekly Score: ____/7

WEEK 4 FOCUS

Key Objective: _____ Target Date: _____

☐ Task A: _____ ☐ Task B: _____

Daily Habit Dots: Mo () Tu () We () Th () Fr () Sa () Su () Weekly Score: ____/7

END-OF-MONTH ACCOMPLISHMENTS & NEXT MONTH PREPARATION

1. Major Wins & Milestones Completed:

2. Key Lessons, Blockers & Improvements:

3. Habit Consistency Rating (1-10): ____ / 10 Overall Month Score: ____ %

4. Priority Focus for Next Month: _____
