



Name: _____ **The Shakers**  **Week 1:**


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"The secret of getting ahead is getting started." -- Agatha Christie

Name: _____ **The Shakers**  **Week 2:**


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"The first wealth is health." -- Ralph Waldo Emerson

Name: _____ **The Shakers**  **Week 3:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"Energy and persistence conquer all things." -- Benjamin Franklin

Name: _____ **The Shakers**  **Week 4:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"Strength does not come from physical capacity. It comes from an indomitable will." -- Mahatma Gandhi