



STEFAN FALK

Week:

Monday	Today's task
The task	
Demanding target	
Tactics	
After the task:	
Did I reach my demanding target?	
Did I follow my tactics?	
What did I learn?	

Tuesday	Today's task
The task	
Demanding target	
Tactics	
After the task:	
Did I reach my demanding target?	
Did I follow my tactics?	
What did I learn?	

Wednesday	Today's task
The task	
Demanding target	
Tactics	
After the task:	
Did I reach my demanding target?	
Did I follow my tactics?	
What did I learn?	



STEFAN FALK

Thursday	Today's task
The task	
Demanding target	
Tactics	
	After the task:
Did I reach my demanding target?	
Did I follow my tactics?	
What did I learn?	

Friday	Today's task
The task	
Demanding target	
Tactics	
	After the task:
Did I reach my demanding target?	
Did I follow my tactics?	
What did I learn?	