

The 12 Week Year

by Brian P. Moran, Michael Lennington

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Write a 12-week lag goal**

Choose one measurable outcome for the next twelve weeks. Make it specific enough that week 12 can answer yes or no.

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⁰² **Define two lead measures**

Pick two weekly behaviors you control directly. Score the behavior, not the hope attached to it.

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⁰³ **Build a weekly scorecard**

Create a simple 0 to 100 percent execution score and update it at the same time every week.

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⁰⁴ **Schedule an accountability meeting**

Book a recurring 20-minute review to report score, explain misses, recommit, and leave with next week's plan.

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⁰⁵ **Cut one false priority**

Remove one project, habit, or obligation that cannot fit inside the current 12-week year without weakening the main goal.