

Worksheet: Critical Activities

Complete the table below with your critical activities for the next 12 weeks.

1. Write 3 critical activities for each category.
2. Enter the number of times you will be doing each activity per week.
3. Calculate the number of times per month (x4) and per quarter (x3) to show how much weekly activities add up.

	CRITICAL ACTIVITY	x/WEEK	x/MONTH	x/Q1
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