

Personal Goals	Writing Goals	Teaching Goals	Administrative Goals
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1. Rec center 2x weekly	1. Submit adaptation paper -- 15h 2. Submit AAQ paper -- 50h 3. Write R01 for handbook --60h 4. Write ADARP proposal -- 20h 5. Write Results section BSRC -- 15h 6. Yoga paper -- 4h 7. Fidelity paper - 10h	1. Complete HD540 syllabus	1. Create portfolio of reports 2. Create annual plan
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JULY GOALS **WEEK 1: JULY 22-28**

Travel: None <ul style="list-style-type: none"> • Work out x2 • Finalize handbook packet • Send data to Paul • Read AAQ paper so far • AAQ 2h Yoga paper 2h 	NOT DONE DONE DONE DONE DONE
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WEEK 2: JULY 29-AUGUST 4


Travel: July 29-30 Seattle I-502 <ul style="list-style-type: none"> • Work out x2 • Agenda for retreat • Adaptation or AAQ paper 4h • Draft Aims for R01 3h • Write email to Jenna/Jason 	DONE DONE DONE DONE DONE
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AUGUST GOALS **WEEK 3: AUGUST 4-11**

Travel: August 6-8 CYFAR Retreat <ul style="list-style-type: none"> • Work out x2 • Adaptation or AAQ paper 2h • Draft grant timeline 1h 	NOT DONE DONE NOT DONE
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WEEK 4: AUGUST 12-18

Travel: None	
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- Work out x2
 - Prepare for GIC
 - Finish Aims R01 2h
 - AAQ or adaptation 2h
 - BSRC 2h
 - Evaluation stuff for MK and Drew 2h
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