


# Boost Your Memory Action Plan



Action Step  
#1

Days	Technique	Quantity	Quality
1-4			
5-8			
9-12			
13-16			
17-20			
21-24			
25-28			

Committed Time of Day {



Action Step  
#2

} Committed Length of Time



Action Step  
#3

} What Am I going to Eliminate

Action Plan {