

Current Date		January 2024							Meal Plan		To-Do List	
1/24/2024			1	2	3	4	5	6	Mon	Spaghetti	☒ check on budget	☐
Schedule Start Time		7	8	9	10	11	12	13	Tue	Tacos	☐ look up tax code	☐
7:00 AM		14	15	16	17	18	19	20	Wed	Leftovers	☒ grocery shopping	☐
Schedule Increments		21	22	23	24	25	26	27	Thr	Chicken Pot Pie	☒ check emails	☐
30 minutes		28	29	30	31				Fri	Takeout	☐ find gift for Bob	☐
Weekly Start Day									Sat	Leftovers	☐	☐
Monday Start									Sun	Roast	☐	☐
Monday 1/22/2024		Tuesday 1/23/2024		Wednesday 1/24/2024		Thursday 1/25/2024		Friday 1/26/2024		Saturday 1/27/2024		
7:00 AM												
7:30 AM												
8:00 AM	Meeting with Debbie			Conference Call								
8:30 AM								Budget Meeting				
9:00 AM										Soccer Practice		
9:30 AM		Dentist										
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM												
April 2024												
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		1		2		3		4		5		6
				9:00 - Work Meeting		11:30 - Doctor Appointment		6:00 - Dinner with Bill		2:00 - Football Game		
						1:15 - Lunch Meeting		8:00 - Movie				
7		8		9		10		11		12		13
		12:00 - Lunch with Susan		9:00 - Conference Call		11:30 - Meeting with VP		9:00 - Conference Call		6:00 - Dinner with Mom		