

weekly plan



WEEK OF: _____

EVENTS & APPOINTMENTS	MUST DO	M	T	W	T	F	S	S
MON								
TUE								
WED								
THU	SHOULD DO							
	☐							
	☐							
FRI	☐							
	☐							
	☐							
SAT	☐							
	☐							
	☐							
SUN	☐							
	☐							
	☐							

MEAL PLAN	SHOPPING LIST	
M		
T		
W		
T		
F		
S		
S		