

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	Tuesday	Wednesday	Thursday	Friday	Saturday					
		1/22/2024	1/23/2024	1/24/2024	1/25/2024	1/26/2024	1/27/2024					
7:00 AM												
7:30 AM												
8:00 AM	Meeting with Debbie			Conference Call				Budget Meeting		Soccer Practice		
8:30 AM												
9:00 AM												
9:30 AM		Dentist										
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM					Lunch with Carl							
12:00 PM												

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April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		9:00 - Work Meeting	11:30 - Doctor Appointment 1:15 - Lunch Meeting		6:00 - Dinner with Bill 8:00 - Movie	2:00 - Football Game
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	