

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	