

# {the plan}

my prayer for today:

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weekly scripture:

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quiet time thoughts:

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five goals:

1. 

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2. 

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3. 

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4. 

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5. 

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household chores:

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meals:

b: 

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l: 

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d: 

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date: 

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## {the schedule}

|       |  |
|-------|--|
| 7:00  |  |
| 7:30  |  |
| 8:00  |  |
| 8:30  |  |
| 9:00  |  |
| 9:30  |  |
| 10:00 |  |
| 10:30 |  |
| 11:00 |  |
| 11:30 |  |
| 12:00 |  |
| 12:30 |  |
| 1:00  |  |
| 1:30  |  |
| 2:00  |  |
| 2:30  |  |
| 3:00  |  |
| 3:30  |  |
| 4:00  |  |
| 4:30  |  |
| 5:00  |  |
| 5:30  |  |
| 6:00  |  |
| 6:30  |  |
| 7:00  |  |

love:

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