

January 2022

Enter the year: 2022
Week to start on: Monday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					8am: Park Run	11am: Shopping
3	4	5	6	7	8	9
6am Gym 8pm: Dinner Jackie	10am: Conference Call	6am: Gym	7am: Yoga	6am: Gym	8am: Park Run 6pm: Alex's Bday Dinner	
10	11	12	13	14	15	16
6am Gym		6am: Gym 1pm: Dentist	7am: Yoga	6am: Gym	8am: Park Run	2pm: Lunch with Mum
17	18	19	20	21	22	23
6am Gym	6pm: Movie Night	6am: Gym	7am: Yoga 2pm: Hairdressers	6am: Gym	8am: Park Run 7pm: Drinks with Alicia	
24	25	26	27	28	29	30
6am Gym		6am: Gym	7am: Yoga	6am: Gym 7pm: Drinks	8am Park Run	5PM: Dinner at Parents
31						

Task List

- ☒ Call Bank
- ☒ Research holiday ideas
- ☒ Pay Credit Card
- ☐ Alex Birthday Gift
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Monthly Goals

Workout 5 times / week
Read 1 book / month
Save \$750 / month

Notes



Monthly Calendar Planner

Google Sheets & Excel

