

January 2022

Enter the year: 2022  
Week to start on: Monday

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

