

# weekly plan



WEEK OF: \_\_\_\_\_

## EVENTS & APPOINTMENTS

MON  
\_\_\_\_\_

TUES  
\_\_\_\_\_

WED  
\_\_\_\_\_

THURS  
\_\_\_\_\_

FRI  
\_\_\_\_\_

SAT  
\_\_\_\_\_

SUN  
\_\_\_\_\_

MUST DO	M	T	W	T	F	S	S

## SHOULD DO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MEAL PLAN	SHOPPING LIST	
M		
T		
W		
T		
F		
S		
S		