



Weekly PLANNER

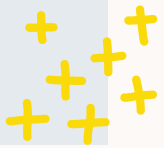


MEALS

M
T
W
T
F
S
S



SHOPPING LIST



WORKOUT SCHEDULE

M
T
W
T

F
S
S



TASKS

SLEEP SCHEDULE



Wake up:
_____ : _____ am



Bed time:
_____ : _____ pm