



Weekly PLANNER

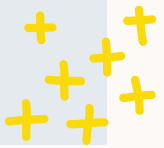


MEALS

M
T
W
T
F
S
S



SHOPPING LIST



WORKOUT SCHEDULE

M	F
T	S
W	S
T	



TASKS

SLEEP SCHEDULE



Wake up:
_____ : _____ am



Bed time:
_____ : _____ pm