# weekly plan



WEEK OF: _____

| EVENTS & APPOINTMENTS | MUST DO | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|---|
| MON | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| TUE | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| WED | | | | | | | | |
| | | | | | | | | |
| THU | SHOULD DO | | | | | | | |
| | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| FRI | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| SAT | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| SUN | ☐ | | | | | | | |
| | ☐ | | | | | | | |
| | ☐ | | | | | | | |

| MEAL PLAN | SHOPPING LIST | |
|---|---|---|
| M | | |
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| T | | |
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| S | | |

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