

WEEKLY PLAN

Week Of _____

Healthy Habit _____

TO-DO

- _____
- _____
- _____

Everything else

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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- _____
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- _____
- _____
- _____

Something Fun

- _____
- _____
- _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday