WEEKLY PLAN

WEEK OF: _____

QUOTE OF THE WEEK:

FRIDAY FINISHERS (DONE BY FRIDAY!)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER TO DOS

_____

_____

_____

_____

_____

_____

MINDFUL NOURISHMENT PLAN

	M	TU	W	TH	F	S	S	LEFTOVERS/MEAL IDEAS
BEVERAGES/ BREAKFAST TIME:								
LUNCH/ BRUNCH TIME:								
DINNER TIME:								

HEALTHY & HAPPY HABITS

HABIT	M	TU	W	TH	F	SA	SU	GOAL	ACHIEVED