

S M T W T F S



exercise

meals

Three horizontal lines for writing meals.

House Keeping

Seven rows of checkboxes followed by horizontal lines for notes.

Eight horizontal lines for writing details.

Work/School/Other

Seven rows of checkboxes followed by horizontal lines for notes.

Eight horizontal lines for writing details.

Errands/Appointments

Five rows of horizontal lines with a colon separator for scheduling.

Eight horizontal lines for writing details.

Family Activities

A 5x6 grid table for tracking family activities.