

S M T W T F S



exercise

meals

Blank box for notes or additional scheduling information.

Blank line for exercise details.

Three horizontal lines for meal planning.

House Keeping

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

Seven horizontal lines for notes or details related to housekeeping.

Work/School/Other

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

Seven horizontal lines for notes or details related to work/school/other activities.

Errands/Appointments

- _____ :
- _____ :
- _____ :
- _____ :
- _____ :

Seven horizontal lines for notes or details related to errands/appointments.

Family Activities
