



My Weekly

# AGENDA



Monday

Tuesday

Wednesday

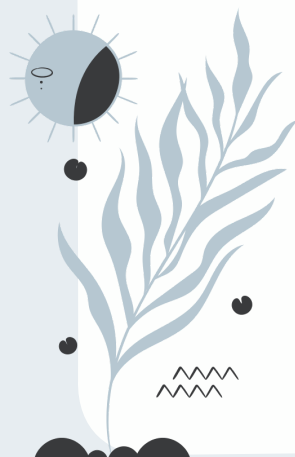
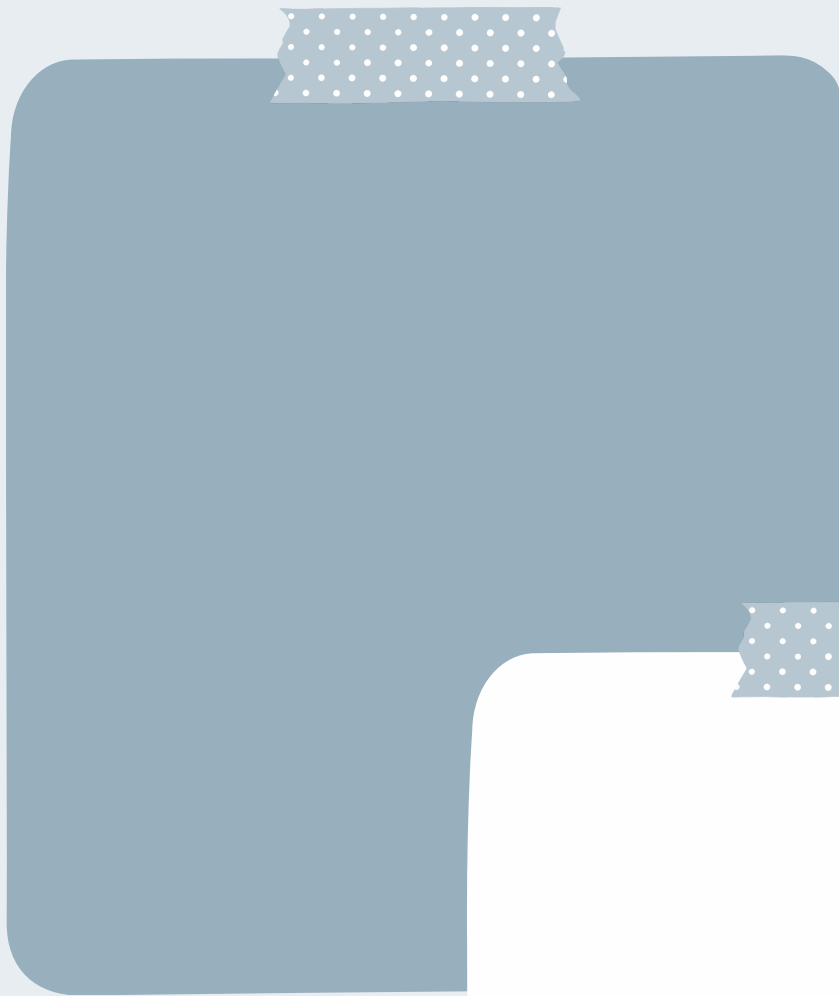
Thursday

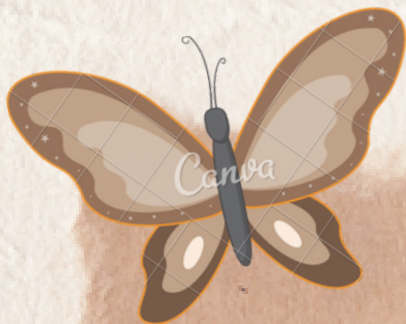
Friday

Saturday



# NOTES





# Notes

A series of horizontal dashed lines for writing notes, spanning the width of the central brown paper area.



# Notes



# WEEKLY PLANNER

MON

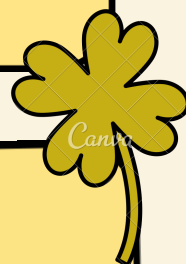
TUE

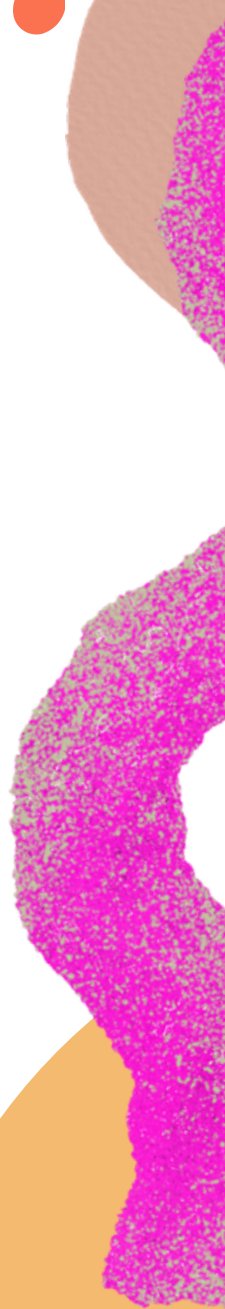
WED

THU

FRI

SAT







# DAILY PLANNER

DATE:     /     /

## MOST IMPORTANT TASK

## WATER INTAKE



## MOOD TRACKER



## MEALS & SNACKS

BREAK  
FAST

LUNCH

DINNER

SNACK

## ✓ TODAY'S TASKS

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## APPOINTMENTS


## REMINDERS & NOTES

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