Weekly Planning Chart

Priority A, B, C	Personal To-Do	Day to do
	exercise	
	Food shopping-- grocery	
	Food shopping-- Natural	

Sunday	
Monday	
Tuesday	
Wed	
Thursday	
Friday	
Saturday	

Priority A, B, C	Work To-Do	Day to do
	Time planning exercise	

Night Before	Sunday	Monday	Tuesday	Wednesday	Thursday
	work prep ☐	work prep ☐	work prep ☐	work prep ☐	work prep ☐
	Made lunch ☐	Made lunch ☐	Made lunch ☐	Made lunch ☐	Made lunch ☐
	Tomorrow's Dinner:	Tomorrow's Dinner:	Tomorrow's Dinner:	Tomorrow's Dinner:	Tomorrow's Dinner: