



# weekly reset

Priorities first, details second.

week of \_\_\_\_\_

## TOP THREE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## MEALS

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## WEEK AT A GLANCE

MON \_\_\_\_\_

TUE \_\_\_\_\_

WED \_\_\_\_\_

THU \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

## TO DO

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

## NOTES

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