



PLAN YOUR WEEK

weekly reset

Priorities first, details second.

week of _____

TOP THREE

- 1 _____
- 2 _____
- 3 _____

MEALS

WEEK AT A GLANCE

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES
