

A large, horizontal, teal-colored brushstroke with a textured, painterly appearance, centered on a white background. The stroke has irregular, feathered edges, giving it a hand-painted feel. It spans most of the width of the page and is positioned in the middle vertically.

ULTIMATE *self* PLANNER

Weekly MEAL PLAN

MONDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

TUESDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

THURSDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

FRIDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

SATURDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

SUNDAY

Breakfast	Lunch	Dinner	Snacks
			AM: PM:

Grocery List

PRODUCE

CANNED/ DRY FOODS

DAIRY

MEATS

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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OTHER

Daily PLANNER

TODAY'S DATE:

MEALS

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TO-DO LIST

SCHEDULE

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

OTHER

Weekly SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
OTHER							
NOTES							

Habit Tracker

HABIT:

S M T W T F S

Water intake 2-3L

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Sufficient Sleep

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Limit screen time

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Read / Meditate / Journal

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Daily Movement

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1 hour of YOU time

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NOTES:
