

Weekly TO DO LIST

START DATE _____



TOP PRIORITY

GOALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

MEALS

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

FRIDAY

SATURDAY

SUNDAY

NEXT WEEK

EXERCISE

M	
T	
W	
T	
F	
S	
S	

SHOPPING

NOTES