

2022

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AUG

YEARLY BIRTHDAYS

January

February

March

April

May

June

July

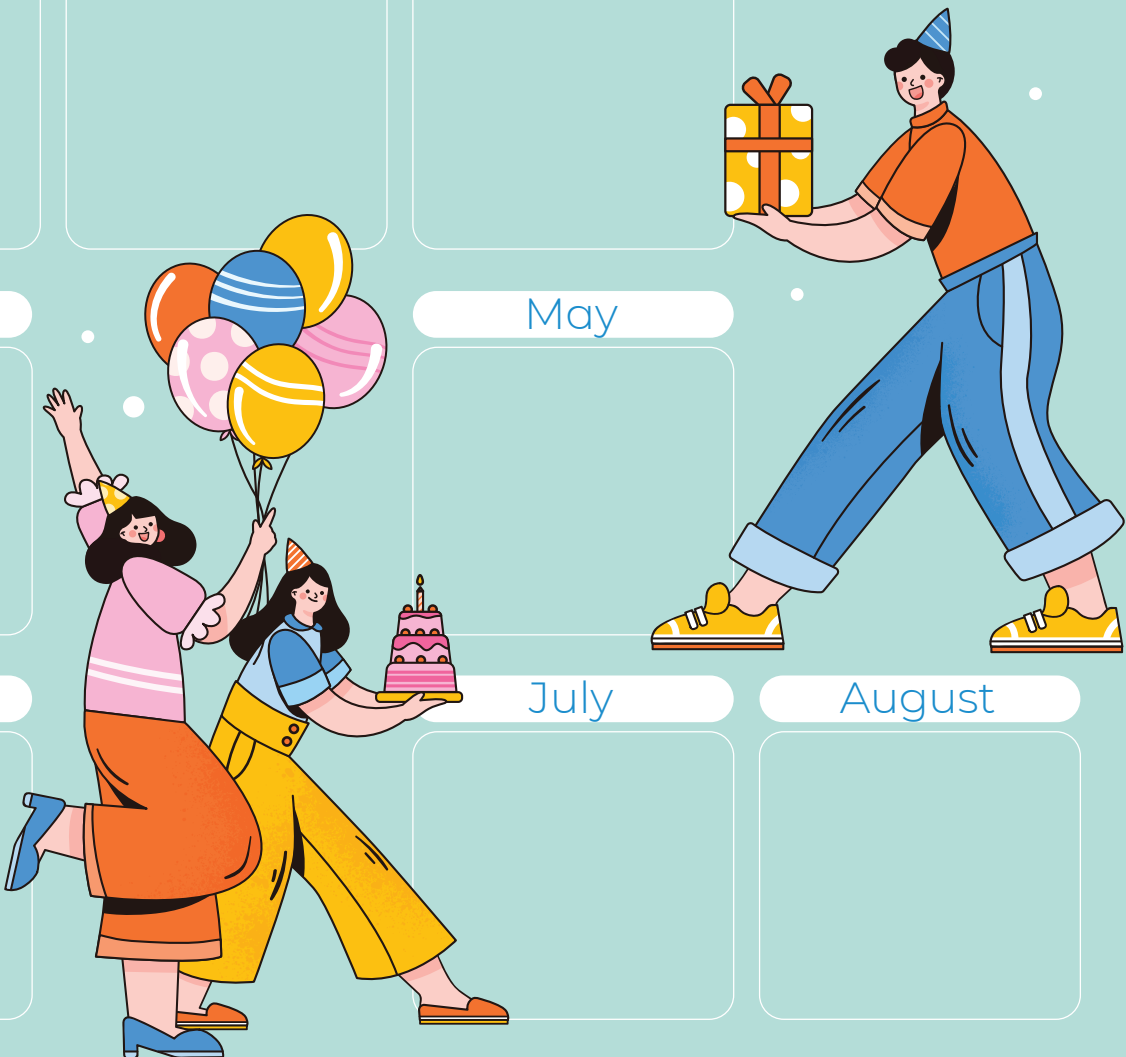
August

September

October

November

December



CALENDAR

JAN
FEB

MAR
APR

MAY
JUN

JUL
AUG

SEP
OCT

NOV
DEC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			GOALS:			

WEEKLY SCHEDULE

The week of:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
11:00					
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4:00					
5:00					

CHORE CHART

Daily Duties

CHORE CHART

[illegible]

Name:

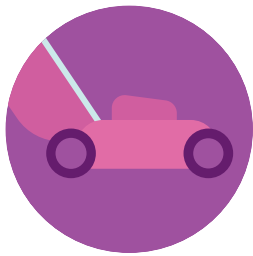
My NOTES

VOCABULARY

NOTES

SUMMARY

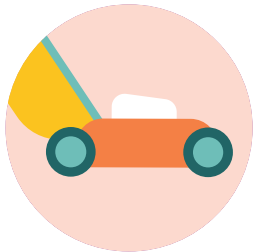
QUESTIONS



PROJECT
DUE!



NO
SCHOOL



PROJECT
DUE!

TEST
TODAY

LUNCH
TIME



STUDY
TIME



LUNCH
TIME



LUNCH
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STUDY
TIME



LUNCH
TIME



Checklist

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Checklist

[illegible]

Checklist

☐☐

CHORE CHART

DATE _____

CHORES	SUN	MON	TUE	WED	THU	FRI	SAT
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 REWARDS

SUN	MON	TUE	WED	THU	FRI	SAT

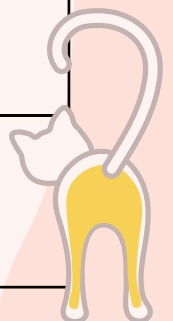
MONTHLY CHORE CHART

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |

TOP GOALS

THINGS TO DO

NOTES

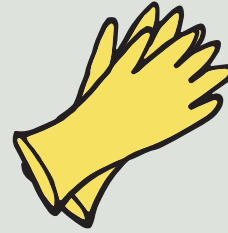


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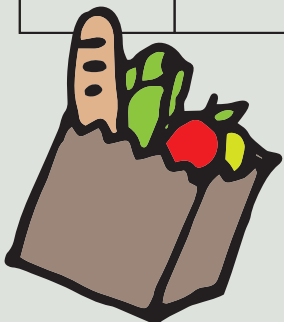
WEEKLY

CHORE CHART



DATE _____

SUN	MON	TUE	WED	THU	FRI	SAT	REWARDS



CHORES

REMARKS



CHORE

P L A N N E R

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A stylized illustration of a woman with dark skin and red hair, wearing a pink long-sleeved shirt and blue pants. She is holding a long-handled mop and is in the process of mopping a light blue floor. A red bucket is on the floor to her left. The background is a solid light blue.

Sunday

[illegible][illegible][illegible]



CLEANING PLANNER

ROOMS		MON	TUE	WED	THU	FRI	SAT	SUN
KITCHEN	♥							
BATHROOM	♥							
LIVING ROOM	♥							
BEDROOM	♥							
	♥							
	♥							
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NOTES

DAILY CLEANING

MONTHLY CLEANING



Month

[illegible]

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Room by Room Cleaning List

Kitchen

- ☐ Wipe fixtures
- ☐ Wipe doors & drawers
- ☐ Clear & clean counters
- ☐ Wipe & dust appliances
- ☐ Clean sink
- ☐ Vacuum & wash floor

Dining Room

- ☐ Tidy up
- ☐ Dust
- ☐ Wipe fixtures
- ☐ Vacuum furniture & floor
- ☐ Wash floor (if necessary)
- ☐ Change mats & cover

Bathroom

- ☐ Clean mirror
- ☐ Clean vanity & sink
- ☐ Wipe fixtures & surface
- ☐ Clean tub/shower
- ☐ Clean toilet
- ☐ Vacuum & wash floor

Living Room

- ☐ Tidy up
- ☐ Dust
- ☐ Wipe fixtures
- ☐ Vacuum furniture & floor
- ☐ Wash floor (if necessary)

Master Bedroom

- ☐ Tidy up
- ☐ Dust
- ☐ Wipe fixtures
- ☐ Vacuum furniture
- ☐ Change bedding

Bedroom

- ☐ Tidy up
- ☐ Dust
- ☐ Wipe fixtures
- ☐ Vacuum furniture
- ☐ Change bedding

Laundry Room

- ☐ Dust
- ☐ Wipe washer & dryer
- ☐ Tidy laundry supplies
- ☐ Vacuum & wash floor

Required Cleaning Supplies

- ☐ Bathroom cleaner
- ☐ Garbage bags
- ☐ Duster
- ☐ Mop
- ☐ Broom
- ☐ Toilet brush
- ☐ Glass cleaner
- ☐ All-purpose cleaner

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

Room by Room Cleaning List

Kitchen

- ☐ _____
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- ☐ _____

Dining Room

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Bathroom

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Living Room

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Master Bedroom

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Bedroom

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Laundry Room

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Required Cleaning Supplies

- ☐ Bathroom cleaner
- ☐ Garbage bags
- ☐ Duster
- ☐ Mop
- ☐ Broom
- ☐ Toilet brush
- ☐ Glass cleaner
- ☐ All-purpose cleaner

- ☐ _____
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Room by Room Cleaning List



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Required Cleaning Supplies

- ☐ Bathroom cleaner
- ☐ Garbage bags
- ☐ Duster
- ☐ Mop

- ☐ Broom
- ☐ Toilet brush
- ☐ Glass cleaner
- ☐ All-purpose cleaner

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— Weekly —

Cleaning Schedule



Everyday Tasks

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TODAY'S PLAN

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12 PM

1 PM

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7 PM

8 PM

9 PM

10 PM

Priorities:

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To Do:

Notes:

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Daily planner

Date

GOALS

REMINDER

TO DO LIST

PLAN

PRIORITIES

HIGHLIGHTS



DATE: _____ DAY: _____

MAKE PLANS

TODAY'S MUST DOS

PERSONAL NOTES

GOAL OF THE DAY

SCHEDULE

MEALS

BREAKFAST

BREAKFAST

LUNCH

DINNER

WATER INTAKE

DAY planner DATE REMINDER

REMINDER

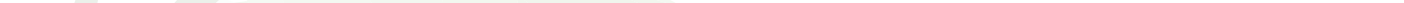
DAY	M	T	W	T	F	S	S	
WEATHER								
MOOD								
								
								
WATER								
								

BREAKFAST

LUNCH

SNACK

DINNER



daily tasks

TO DO LIST

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TO DO LIST

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TWENTY TWENTY TWO



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21	22	23	24	25	26	27

FOOD MATH



GUIDELINES & CONVERSIONS

Two ways to measure food are in volume (e.g., cups) and weight (e.g., ounces).

1 American cup is equivalent to 8 ounces.

DAILY GUIDELINES BY FOOD TYPE:

Grains	6 ounces (oz.)
Vegetables	2 $\frac{1}{2}$ cups (c.)
Fruit	2 $\frac{1}{2}$ c.
Dairy	3 c.
Protein	5 oz.

Bear is hungry and wants to enjoy a balanced meal!
Can you use your math skills to design today's menu for him using the daily guidelines shown to the right?

Put a **B** for breakfast, **L** for lunch, **D** for dinner, and **S** for snack next to the items you choose. You can select an item more than once. Just make sure the totals for the day match the guidelines listed above!

MENU

VEGETABLES Total: 2 $\frac{1}{2}$ c.

- _____ $\frac{1}{2}$ c. baby carrots
- _____ 1 ear of corn = 1 c.
- _____ 1 baked potato = 1 c.
- _____ 1 sweet potato = 1 c.
- _____ 1 c. lettuce
- _____ 1 c. broccoli

DAIRY Total: 3 c.

- _____ 1 c. milk
- _____ $\frac{1}{2}$ c. yogurt
- _____ 1 c. American cheese
- _____ 1 c. cheddar cheese
- _____ 1 c. feta cheese
- _____ 1 c. fortified nut milk

GRAINS Total: 6 oz.

- _____ 1 slice bread = 1 oz.
- _____ 5 crackers = 1 oz.
- _____ 1 bowl of cereal = 1 oz.
- _____ 1 bowl of rice = 1 oz.
- _____ 1 bowl of pasta = 2 oz.
- _____ 1 bread bun = 2 oz.
- _____ 1 handful of popcorn = 1 oz.

FRUITS Total: 2 $\frac{1}{2}$ c.

- _____ 1 small apple = 1 c.
- _____ 1 large orange = 1 c.
- _____ 1 c. grapes
- _____ 1 peach = 1 c.
- _____ $\frac{1}{2}$ c. raisins
- _____ 1 wedge cantaloupe = $\frac{1}{2}$ c.
- _____ 1 wedge watermelon = 1 c.

PROTEIN Total: 5 oz.

- _____ 1 handful of nuts = 2 oz.
- _____ 1 bowl of pea soup = 2 oz.
- _____ 1 dollop nut butter = 1 oz.
- _____ 1 chicken leg = 3 oz.
- _____ 1 small burger = 3 oz.
- _____ 1 slice lunchmeat = 1 oz.

BONUS!

Bear would like a treat after dinner.
Select one dessert for him:

- _____ 1 slice honey cake
- _____ 1 scoop honey ice cream
- _____ 1 spoonful of honey



My GOALS

For _____

TO DOS

STARTED ON	DONE

STARTED ON	DONE

STARTED ON	DONE

 **MUST DOS** 

PRIORITIES



NOTES:



MY GOAL

ACHIEVE GOAL BY

MY GOAL

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Weekly GOALS

Week _____

TO DOs

STARTED ON	DONE
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STARTED ON	DONE
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STARTED ON	DONE
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NOTES:

ACHIEVED?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Monthly GOALS

NOTES:

Month _____

PLANNING

[illegible]

Goal

PLANNER

SHORT & LONG TERM GOALS

GOALS TO HIT IN THE NEXT 3 MONTHS

1. _____
2. _____
3. _____
4. _____
5. _____

GOALS TO HIT IN THE NEXT 6 MONTHS

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2. _____
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5. _____

GOALS TO HIT IN THE NEXT 12 MONTHS

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2. _____
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GOALS TO HIT IN THE NEXT 3 YEARS

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5. _____



Goal Tracker

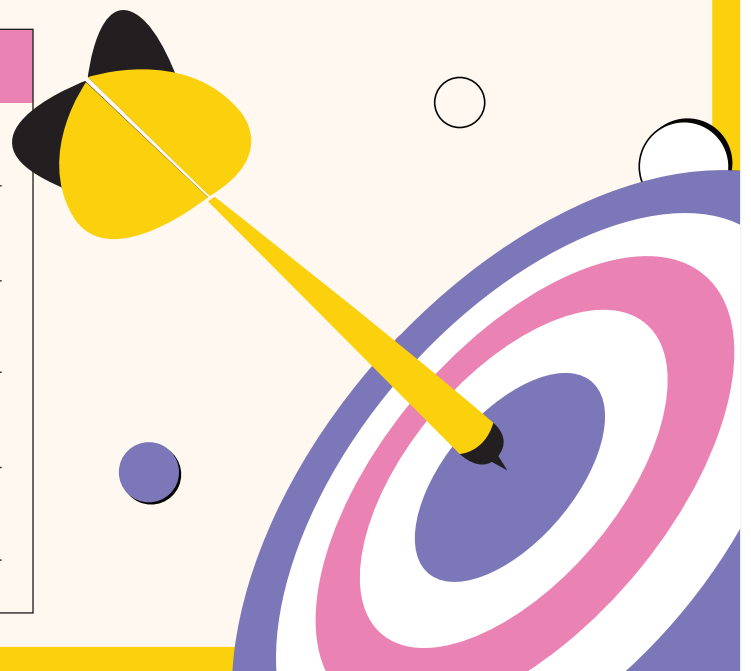
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GOAL

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27	28	29	30			

2022

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21	22	23	24	25	26	27
28	29	30	31			

2022

MON TUE WED THU FRI SAT SUN

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MAY

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Weekly meal planner

Date:

BREAKFAST

LUNCH

DINNER

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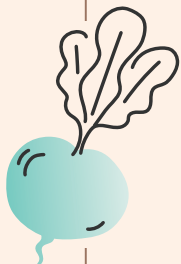
T

F

S



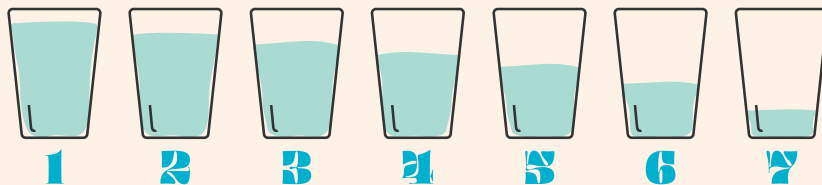
Purpose & Motivation



Notes



Water intake





Weekly Meals

Date:

Month:

MON

TUE

WED

THU

FRI

SAT

SUN

GROCERY LIST



Weekly Meal Planner

Date: _____

Monday

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Tuesday

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Wednesday

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Saturday

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Sunday

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Notes

Recipe Cards

SERVES

2 4 6 8 _

MAIN INGREDIENT(S)

DIFFICULTY

○ ○ ○ ○ ○

🕒 PREP TIME

🕒 COOK TIME

REVIEW

☆ ☆ ☆ ☆ ☆

Recipe

Ingredients

Direction

SERVES

2 4 6 8 _

MAIN INGREDIENT(S)

DIFFICULTY

○ ○ ○ ○ ○

🕒 PREP TIME

🕒 COOK TIME

REVIEW

☆ ☆ ☆ ☆ ☆



Recipe Planner

Prep Time:

Cooking Time:

Servings:

Ingredients Required

How to / Preparations

Other Notes



WEEKLY MEAL PLANNER

BREAKFAST

LUNCH

SNACKS 

DINNER

MONDAY

☐ DONE

☐ DONE

☐ DONE

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TUESDAY

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WEDNESDAY

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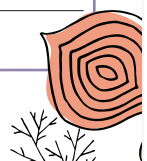
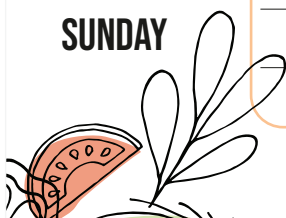
SUNDAY

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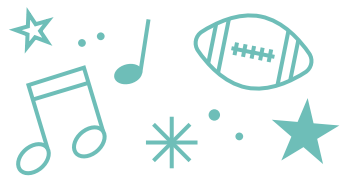




CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						
						



WEEKLY SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					

MY CHORE CHART

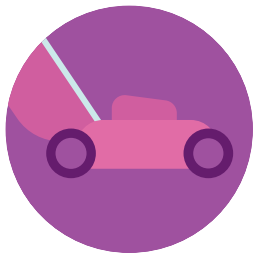
A 5x7 grid of colored squares. Each row has a semi-circle on the left side, followed by seven squares. The colors of the rows are green, teal, orange, yellow, and pink. Each square has a white square in the center.

NOTES FOR



Handwriting practice lines consisting of multiple horizontal orange lines.

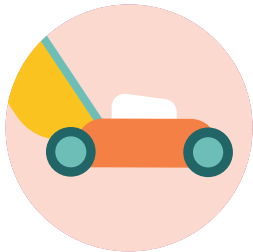




PROJECT
DUE!

 **TEST
TODAY**

NO
SCHOOL



PROJECT
DUE!

**TEST
TODAY**

LUNCH
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CLASS
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STUDY
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CALENDAR

JAN
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SEP
OCT

NOV
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			GOALS:			

WEEKLY SCHEDULE

The week of:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
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4:00					
5:00					

CHORE CHART

Daily Duties

CHORE CHART

[illegible]

Name:

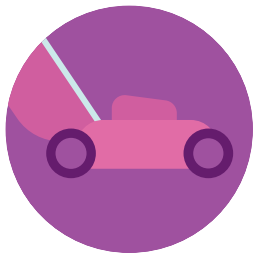
My NOTES

VOCABULARY

NOTES

SUMMARY

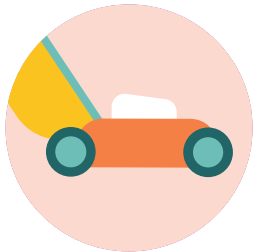
QUESTIONS



PROJECT
DUE!

 **TEST
TODAY**

NO
SCHOOL



PROJECT
DUE!

**TEST
TODAY**

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TIME

LUNCH
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STUDY
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CLASS
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CLASS
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STUDY
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CLASS
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CLASS
TIME

LUNCH
TIME

LUNCH
TIME



Monthly Bill TRACKER

Monthly Budget Planner

MONTH _____



INCOME



DESCRIPTION

AMOUNT

NOTES

TOTAL INCOME

EXPENSES



DESCRIPTION

BUDGET

ACTUAL

DIFFERENCE

TOTAL EXPENSES

TOTAL



TOTAL
INCOME

TOTAL
EXPENSES

SAVINGS

Monthly BUDGET

Month:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

Savings TRACKER



TOTAL SAVINGS:

MONTH:

DATE

GOAL

DUE DATE

AMOUNT

2022

MON

TUE

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SEP

Name _____ Date _____

STORY STARTERS

Write About Your Family

Write a story about your family.



WEEKLY STUDY ROUTINE



MONDAY

TUESDAY

WEDNESDAY

Morning

Evening

Night

THURSDAY

FRIDAY

DUE DATES



• Study Planner •



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

Notes:

Study Planner

Study Hours

Expected :

Actual :



Subjects

Classes

Study Process

Time Spent

Deadlines

Goals

Tasks:

TWENTY TWENTY ONE

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TWENTY TWENTY ONE

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TWENTY TWENTY ONE

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27	28	29	30	31		

CREATING A SELF-CARE PLAN

In partnership with the work of SAP and Qualtrics, the Mind Share Partners 2019 *Mental Health at Work Report* found that, contrary to popular belief, mental health symptoms are equally prevalent across seniority levels within companies, from individual contributors to the C-level.¹

There are many factors in the workplace that have a unique and independent impact on the mental health of employees and are the root cause of burnout.² As an SMB leader, you are as prone to the impact the workplace can have on mental health as any other employee.

Self-care is one of the components of mental health care. Creating a self-care plan as a business leader is a proactive way to support your mental health and combat workplace factors that could ultimately lead to burnout. Complete the following activity to help you identify your common stressors at work and create a plan to manage them.

MIND SHARE PARTNERS SELF-CARE ACTION PLAN

What are your common stressors at work?

(Examples: End-of-month deadlines, taking on too much work, working long hours)

What were the early signs indicating that you were struggling? Think about specific times. "I should proactively care for my mental health when I notice ____."

(Examples: I start feeling overwhelmed; I feel guilt when thinking about delegating work to my team; it becomes difficult to wake up in the morning)

What would have been helpful in that moment, and what proactive strategies could be implemented earlier that would help?

Self-care strategy	Proactive or reactive	Solution or relief
(Example: Take a mental health day)	Reactive	Relief
(Example: Delegate work outside your expertise)	Proactive	Solution

Sources mentioned:

1. mindsharepartners.org/mentalhealthatworkreport

2. bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4153-7

WEEKLY PLANNER

Date

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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Notes

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Weekly planner

WEEK: _____ MONTH: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK'S MAIN EVENTS

WEEK'S MUST DO'S

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Habit Tracker

	M	T	W	T	F	S	S
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_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●
_____	●	●	●	●	●	●	●

Quote of the week

weekly overview

DATE _____

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY		

Weekly Planner

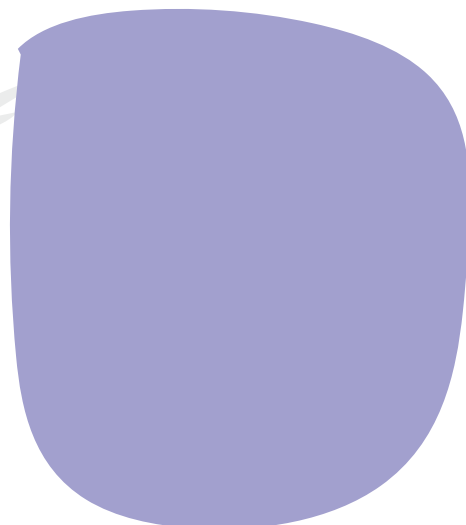
Mon

A large, rounded rectangular area in a light pink color, intended for scheduling or notes for the day of Monday.

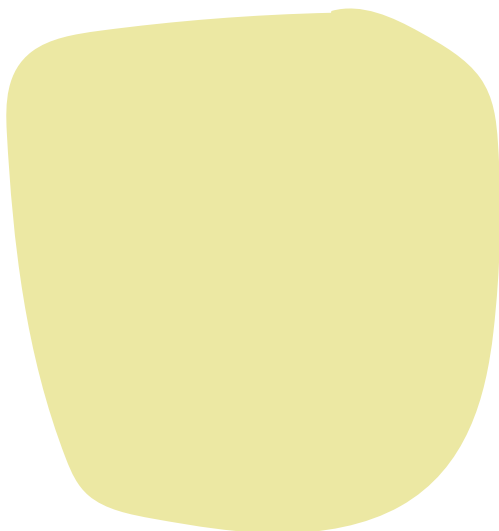
Tue

A large, rounded rectangular area in a teal color, intended for scheduling or notes for the day of Tuesday.

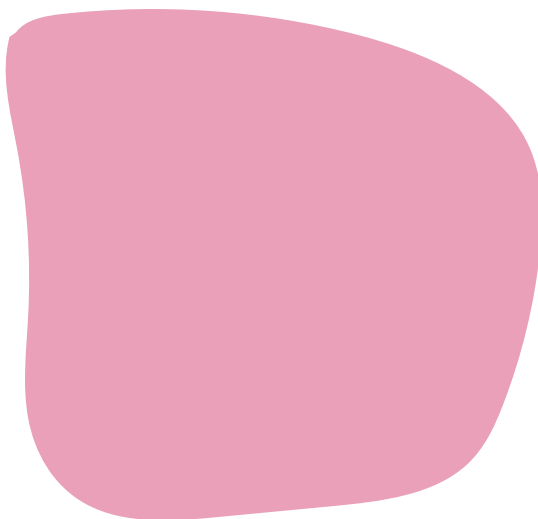
Wed

A large, rounded rectangular area in a purple color, intended for scheduling or notes for the day of Wednesday.

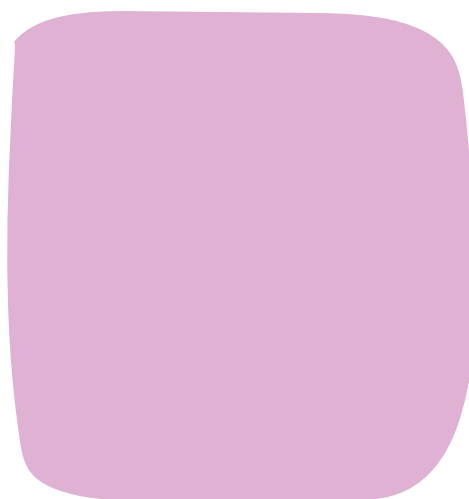
Thu

A large, rounded rectangular area in a yellow color, intended for scheduling or notes for the day of Thursday.

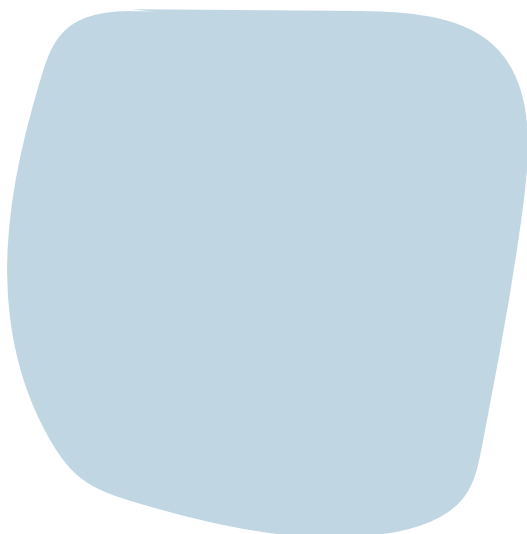
Fri

A large, rounded rectangular area in a pink color, intended for scheduling or notes for the day of Friday.

Sat

A large, rounded rectangular area in a pink color, intended for scheduling or notes for the day of Saturday.

Sun

A large, rounded rectangular area in a light blue color, intended for scheduling or notes for the day of Sunday.

Notes

A large, rounded rectangular area in a light pink color, intended for general notes or reminders.

Weekly Budget Planner

DATE

DESCRIPTION

AMOUNT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TOTAL



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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



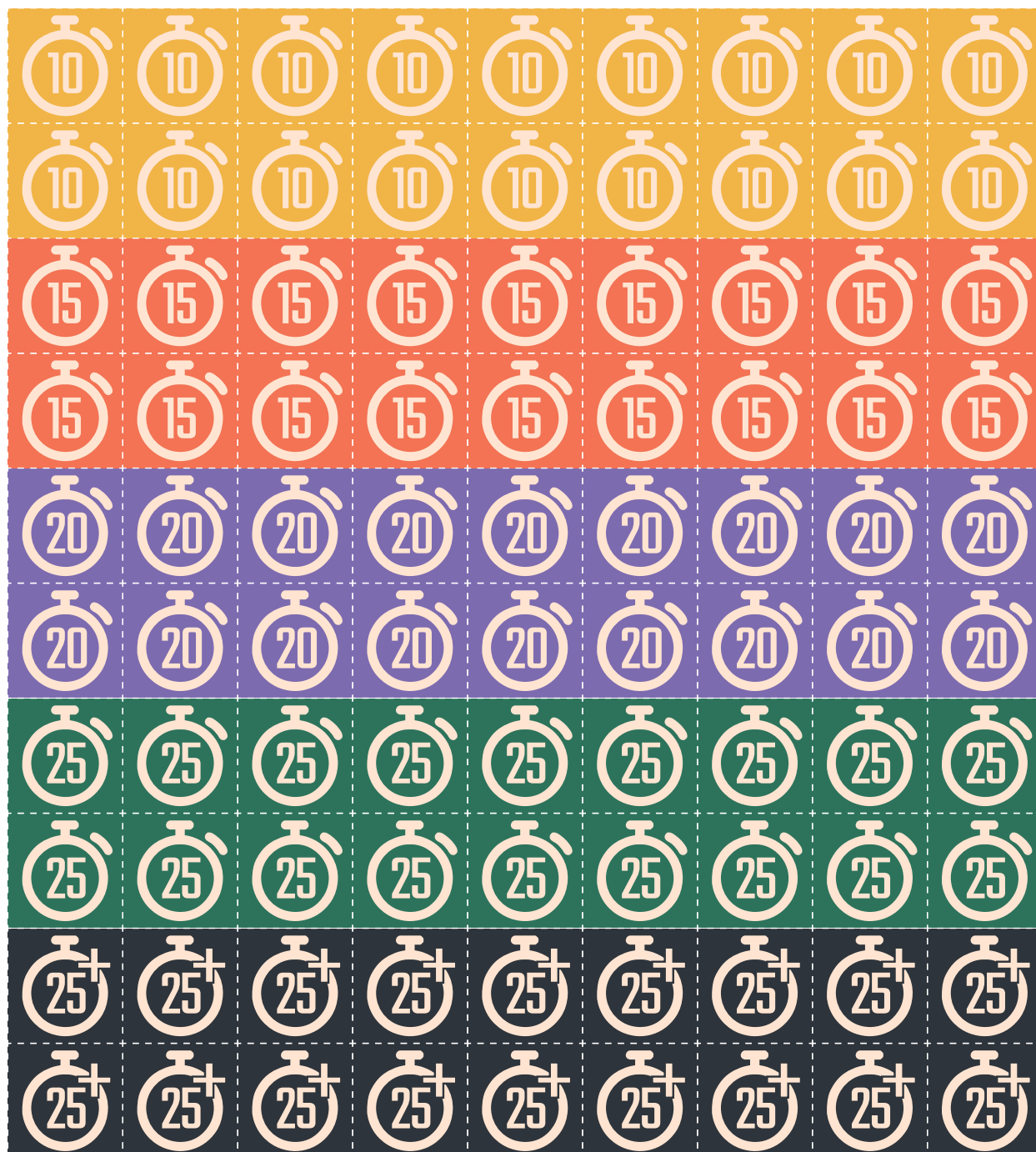
Date:



WORKOUT SCHEDULE



DURATION STICKERS

A purple stopwatch icon with a white face and a single hand pointing towards the top right. It has a pusher on top and a button on the right side.

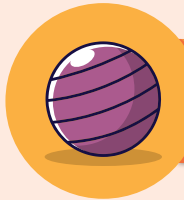
WORKOUT SCHEDULE

MON TUE WED THU FRI SAT SUN



Healthy meal

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Cardio

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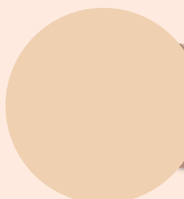
Light workout

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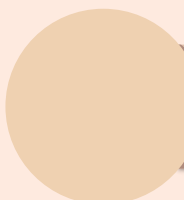


Yoga

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GOALS :

Yearly OVERVIEW

CATEGORY:

MONTHLY BUDGET:

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec