Weekly Planner

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week of |  | Healthy Habit for the Week |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Wednesday** | **Tuesday** | **Monday** |  | **Weekly Goals** |
|  |  |  |  |  |
|  |  |
|  |  |
|  |  |
| **Top 3 Priorities** |
|  |  |
|  |  |
|  | **B** |  | **B** |  | **B** |  |  |
|  | **L** |  | **L** |  | **L** | **To Do** |
|  | **D** |  | **D** |  | **D** |  |  |
| O O O O O O O O | **W** | O O O O O O O O | **W** | O O O O O O O O | **W** |  |  |
| **Saturday** | **Friday** | **Thursday** |  |  |
|  |  |  |  |  |
|  | **B** |  |  |
|  | **L** |  |  |
|  | **D** |  |  |
| O O O O O O O O | **W** |  |  |
| **Sunday** |  |  |
|  | **Next Week** |
|  | **B** |  | **B** |  | **B** |  |  |
|  | **L** |  | **L** |  | **L** |  |  |
|  | **D** |  | **D** |  | **D** |  |  |
| O O O O O O O O | **W** | O O O O O O O O | **W** | O O O O O O O O | **W** |  |  |