

WEEK OF: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

- Printing:**
1. Open with Adobe Acrobat Viewer. Download Adobe Acrobat for free from adobe.com/acrobat
 2. Select “Actual size” for the printing settings. This works best.
 3. Page orientation must be set to landscape.
 4. Flip on the short edge.

WEEKLY PRIORITIES

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HABITS TRACKER

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WATER INTAKE

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NOTES

MEAL PLAN