

1. Open with Adobe Acrobat Viewer. Download Adobe Acrobat for free from [adobe.com/acrobat](https://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.
- Printing:

WEEK OF: \_\_\_\_\_

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|        |         |           |          |        |          |        |

WEEKLY PRIORITIES

☐

☐

☐

☐

☐

☐

HABITS TRACKER

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |

WATER INTAKE

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

NOTES

MEAL PLAN