

Weekly Planner: Week 1

List your main goals for the week.

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Fill in the planner. Include work; family time: meals and housework: classes; study time: relaxation: sleep.

[illegible]

Weekly Planner: Week 2

List your main goals for the week.

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Fill in the planner. Include work; family time: meals and housework: classes; study time: relaxation: sleep.

[illegible]

Weekly Planner: Week 3

List your main goals for the week.

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Fill in the planner. Include work; family time: meals and housework: classes; study time: relaxation: sleep.

[illegible]