Plan for Success

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Safurday |

- Fill in work/school/obligation and times.
- Fill in when you plan on going to the grocery store (large haul).
- Don't forget to add in exercise!

