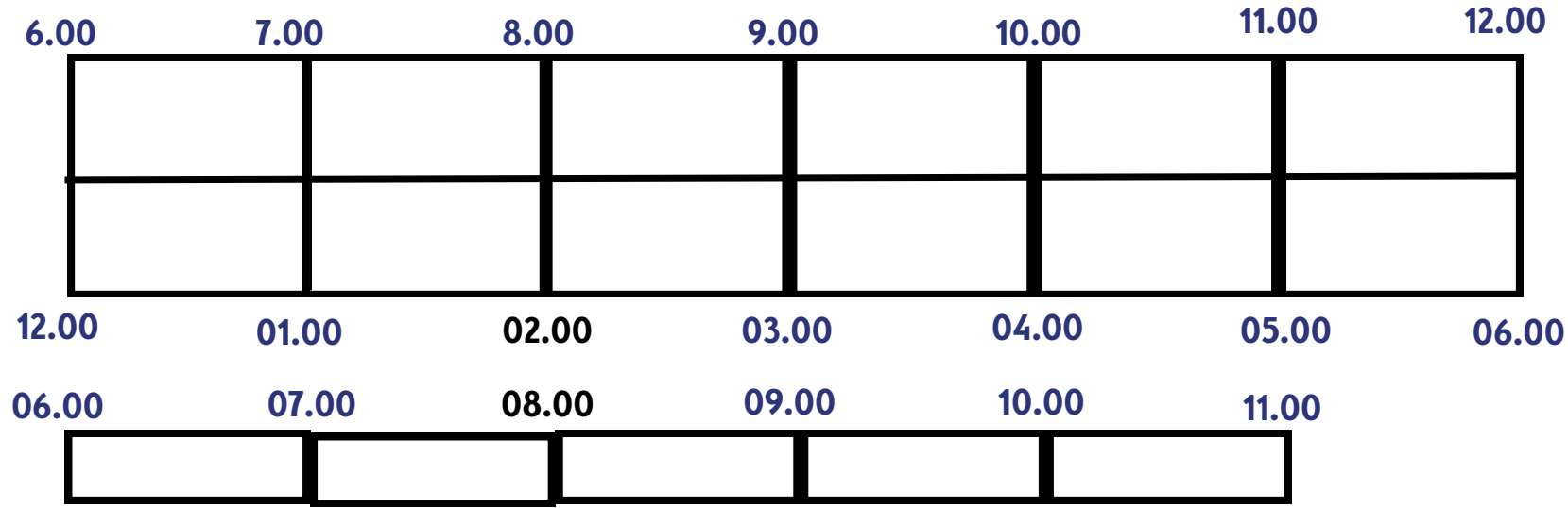


Month _____ Week _____

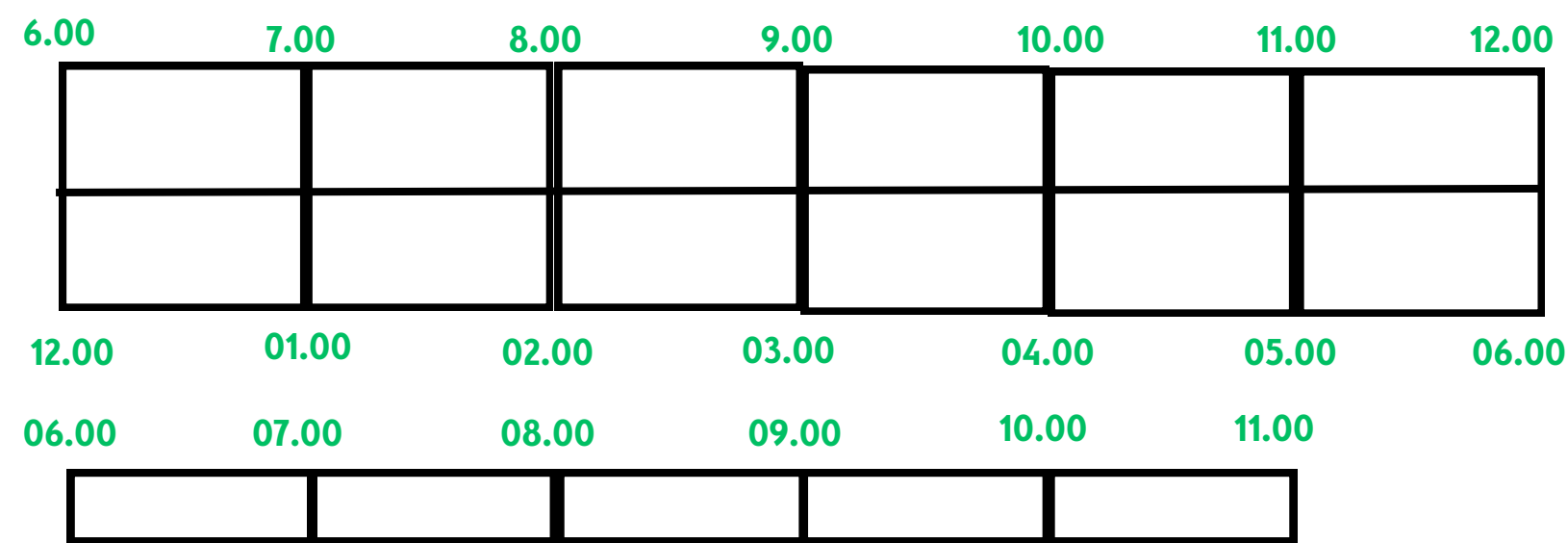
Monday



Tuesday



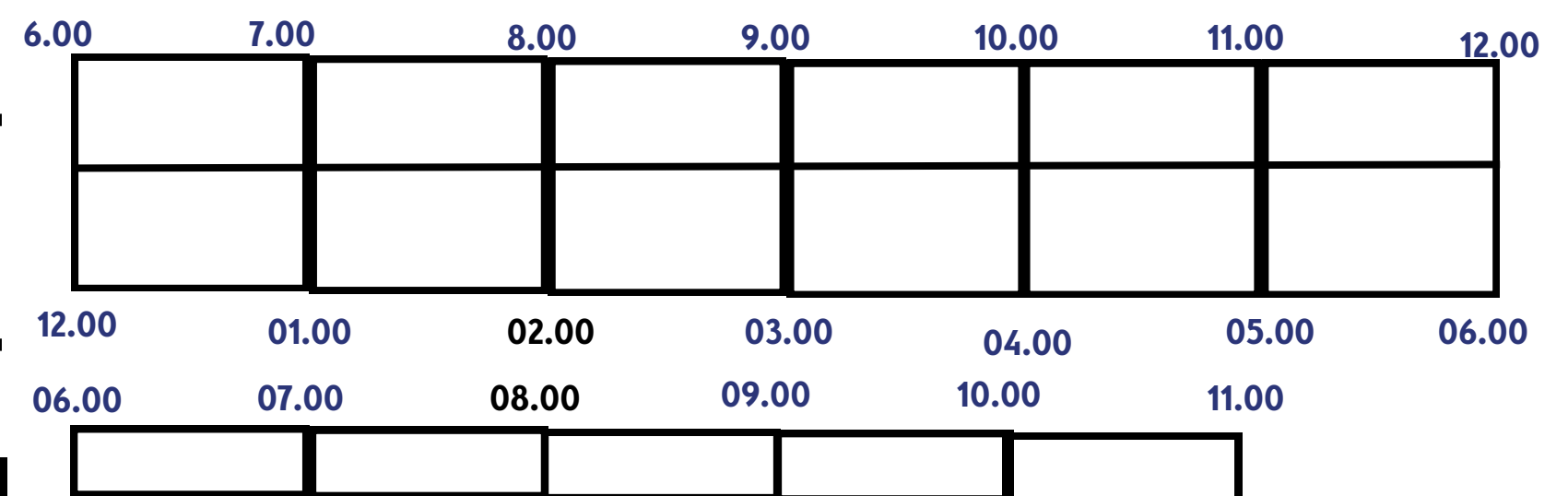
Wednesday



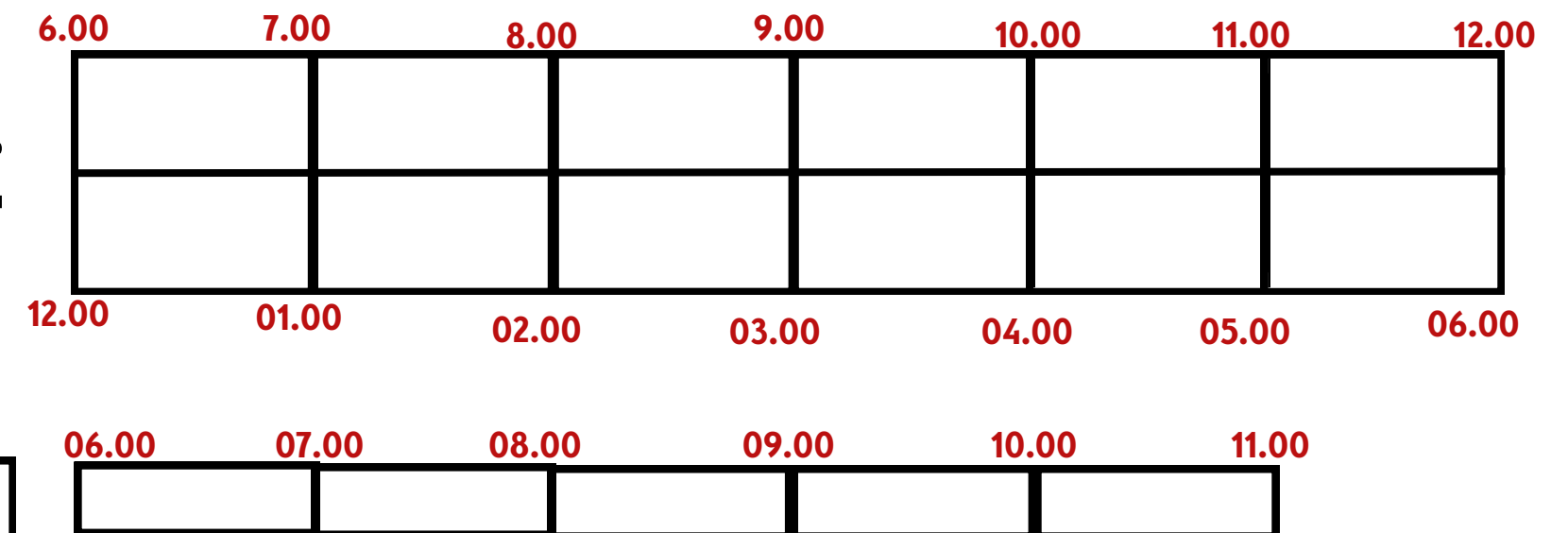
MY GOALS FOR THIS WEEK:

Month _____ Week _____

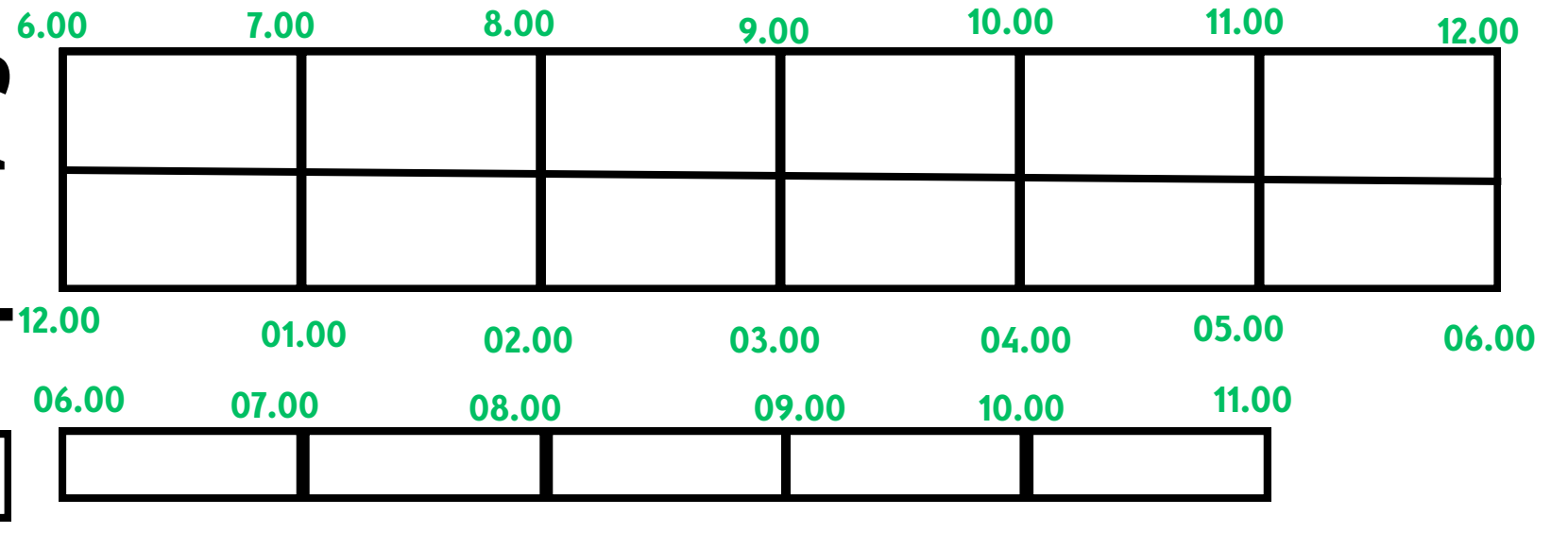
Thursday



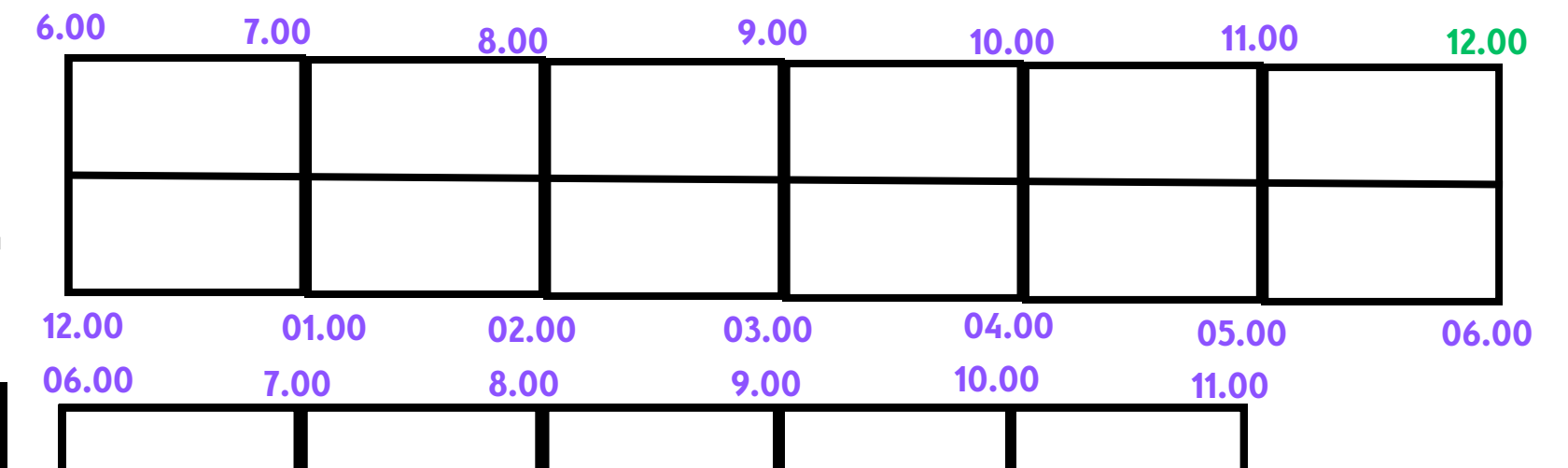
Friday



Saturday

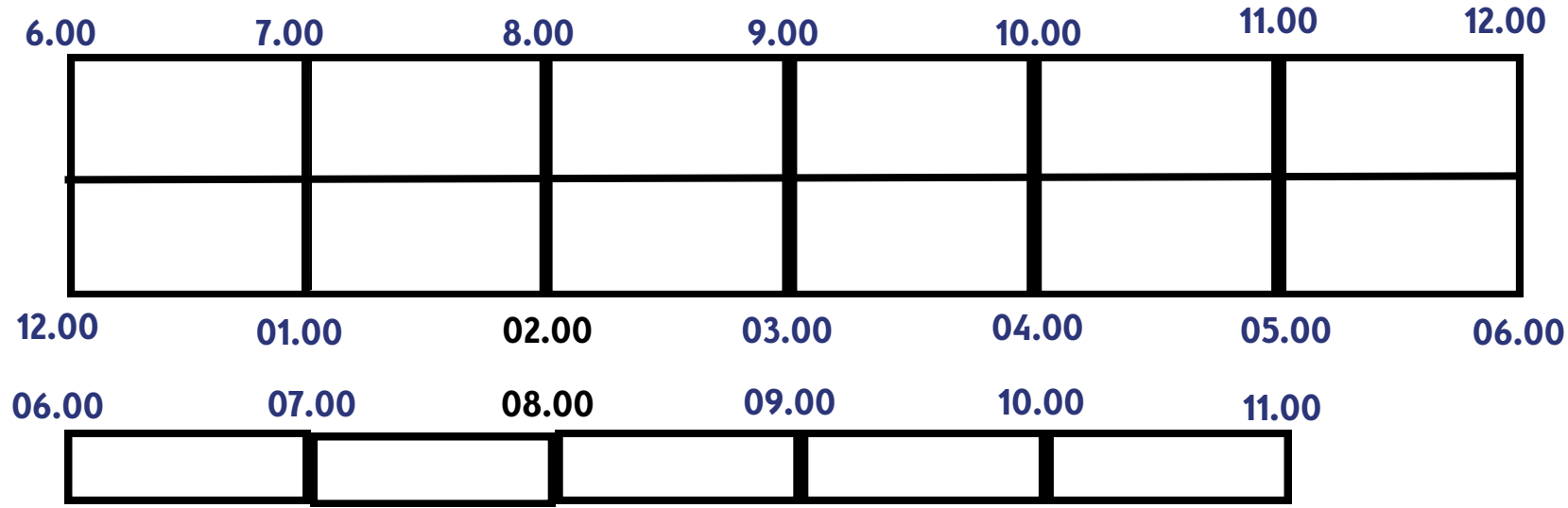


Sunday

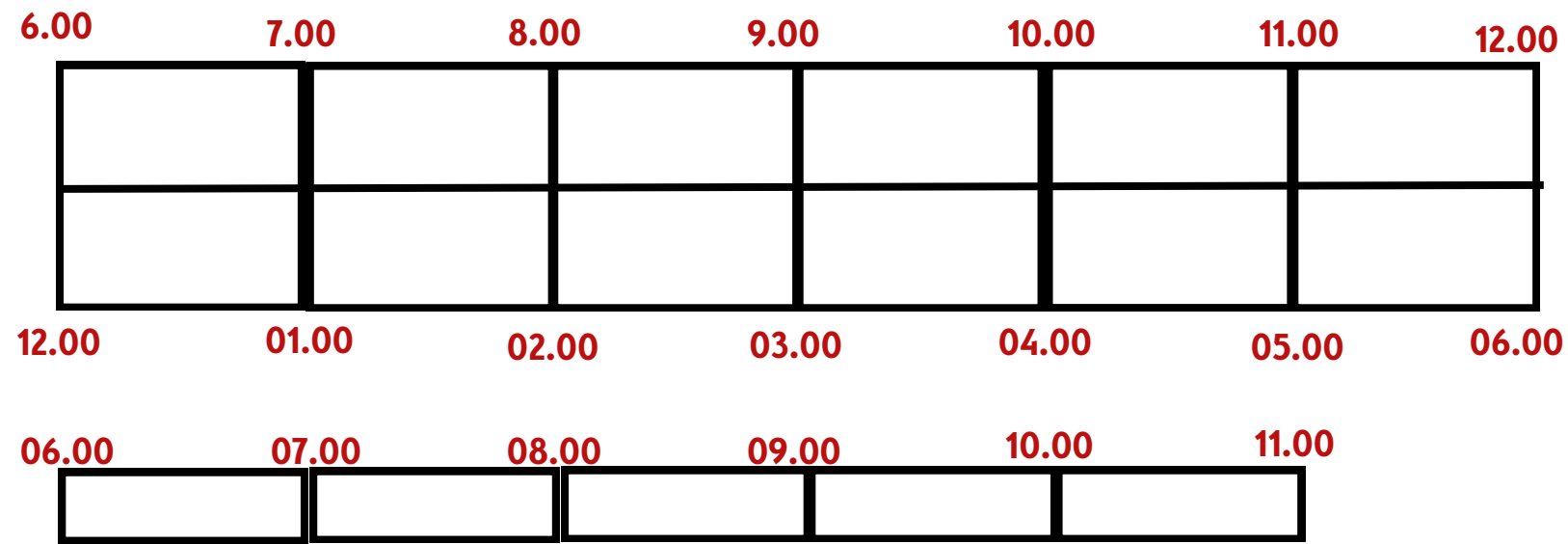


Month _____ Week _____

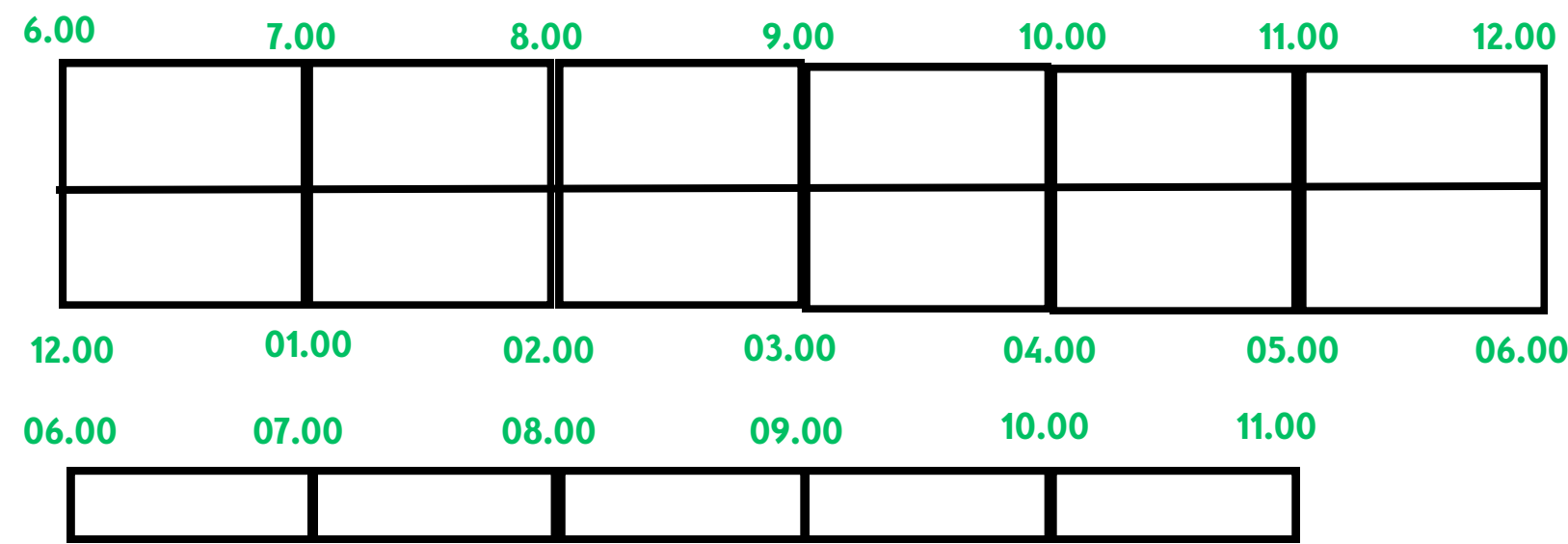
Monday



Tuesday



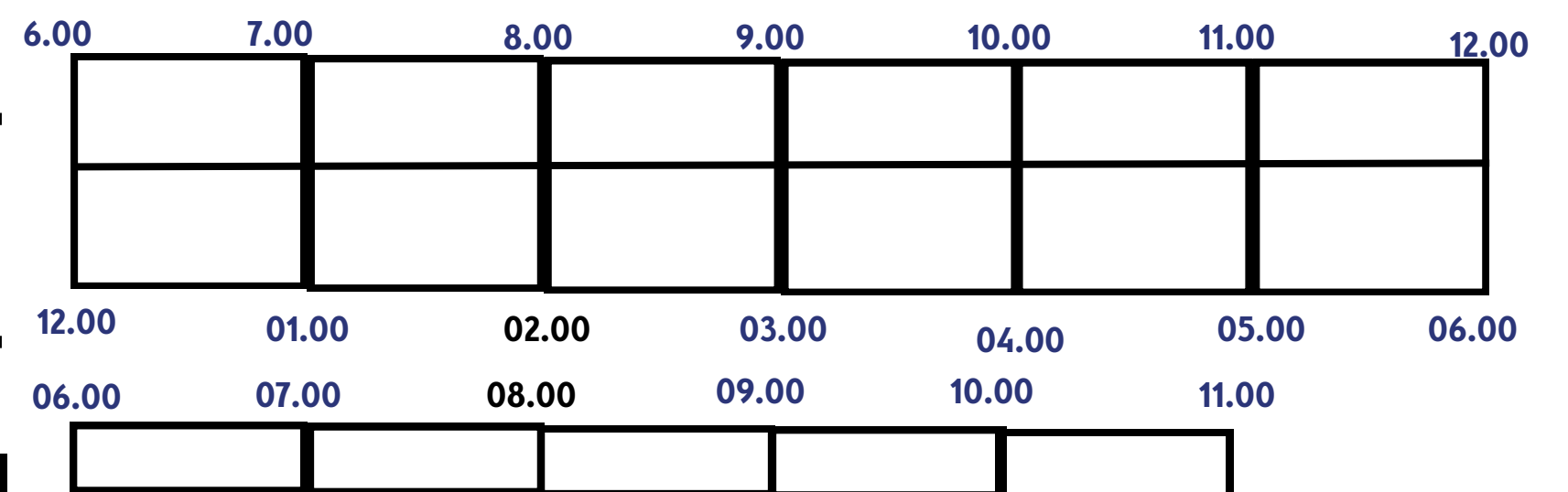
Wednesday



MY GOALS FOR THIS WEEK:

Month _____ Week _____

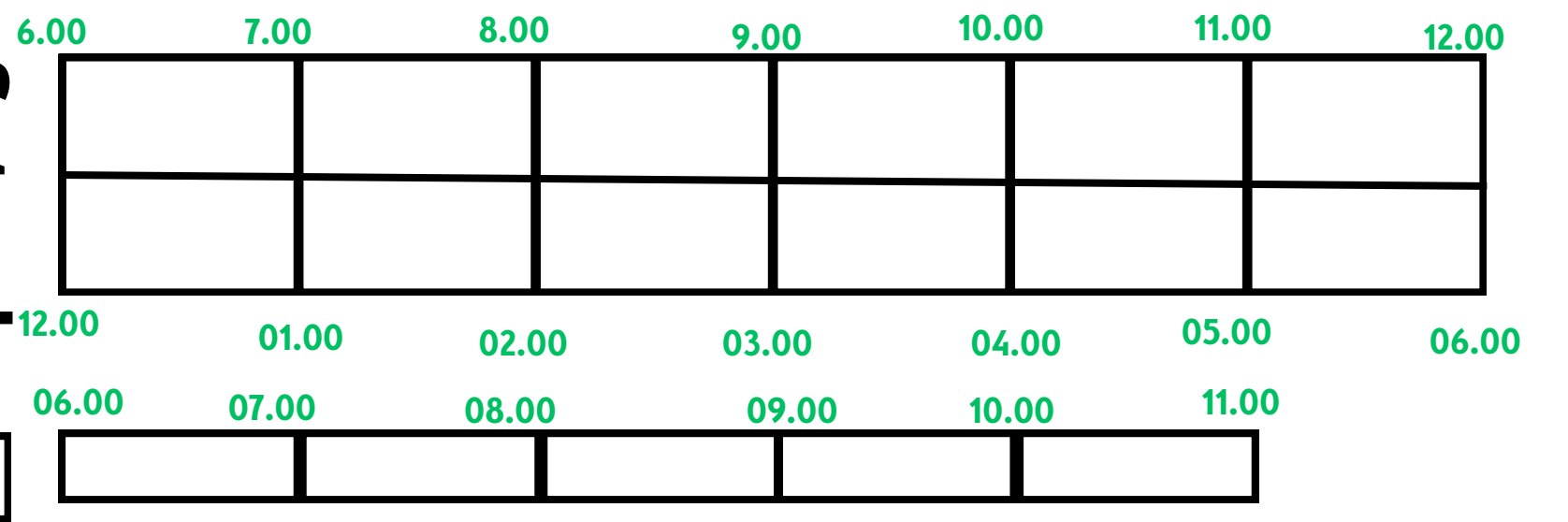
Thursday



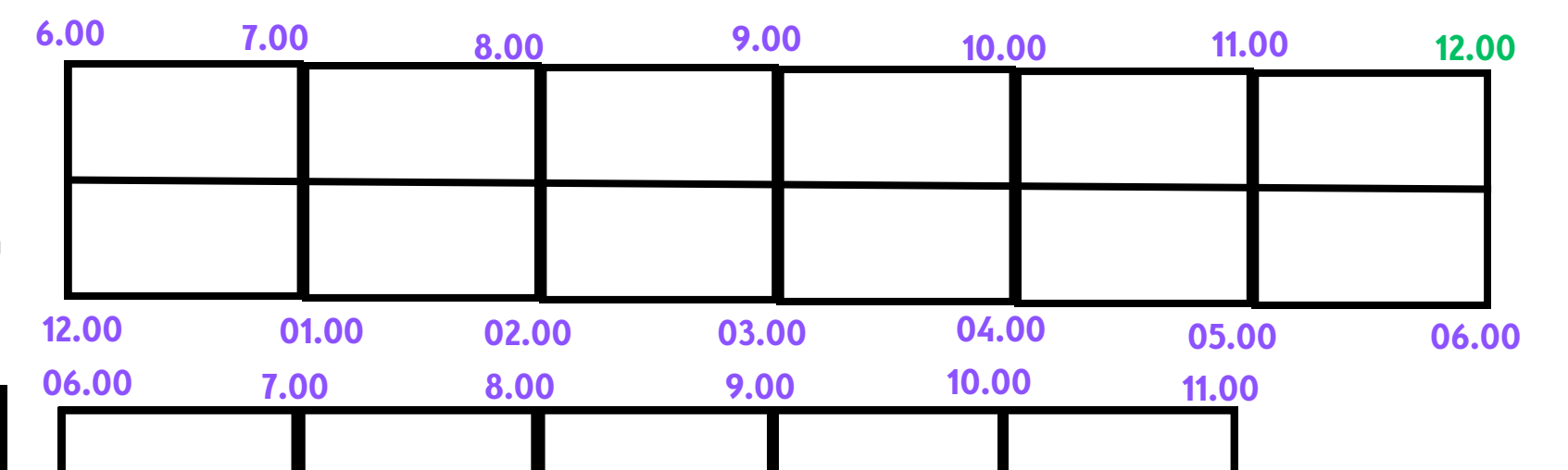
Friday



Saturday

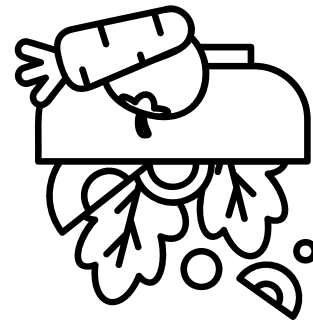


Sunday



WEEKLY MENU:

BREAKFAST LUNCH DINNER



MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREPPING FOOD:

[Large empty rectangular box for prepping food notes]

SHOPPING LIST:

[Large empty rectangular box for shopping list notes]

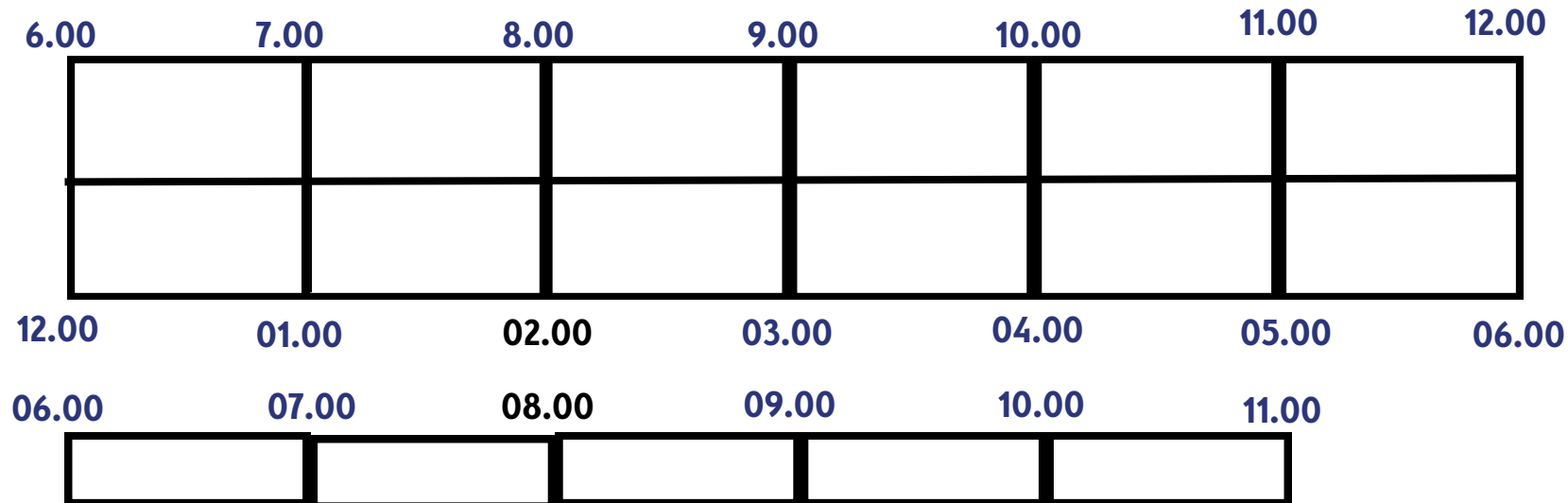
To Do List

Week _____

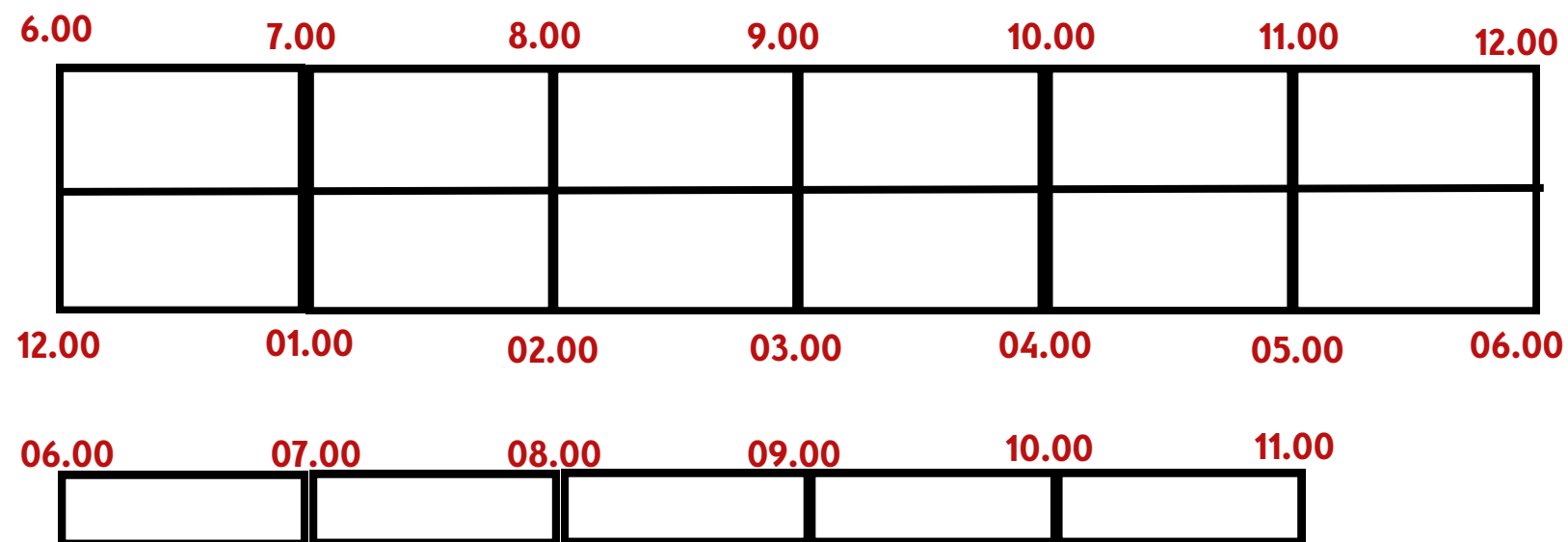
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Month _____ Week _____

Monday



Tuesday



Wednesday

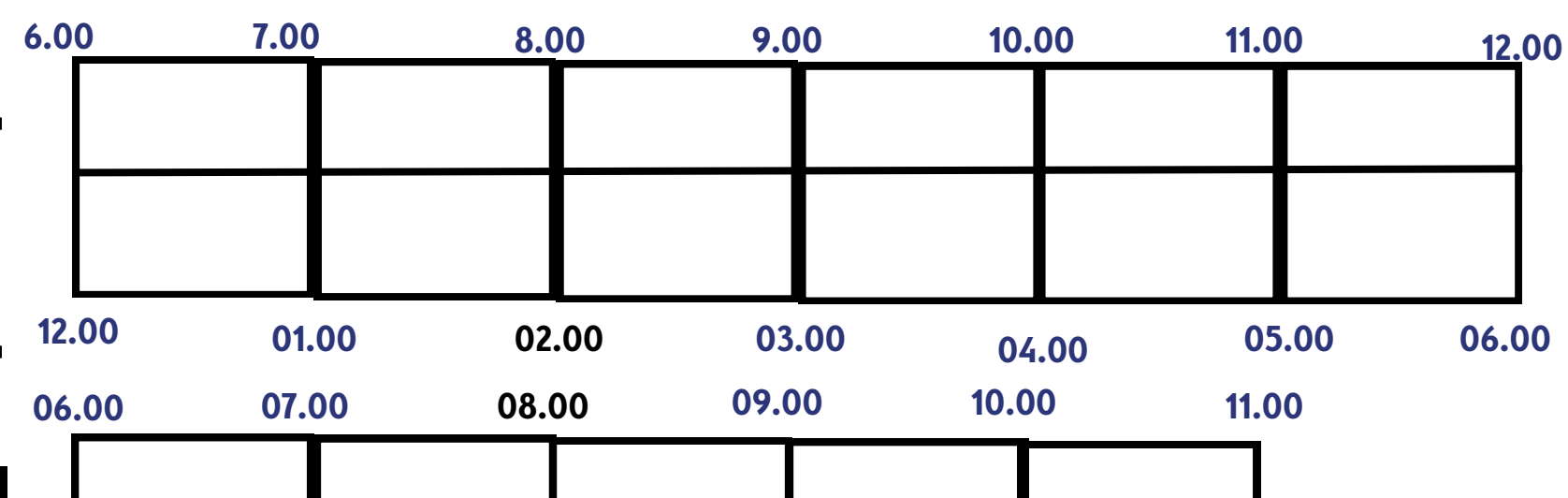


MY GOALS FOR THIS WEEK:

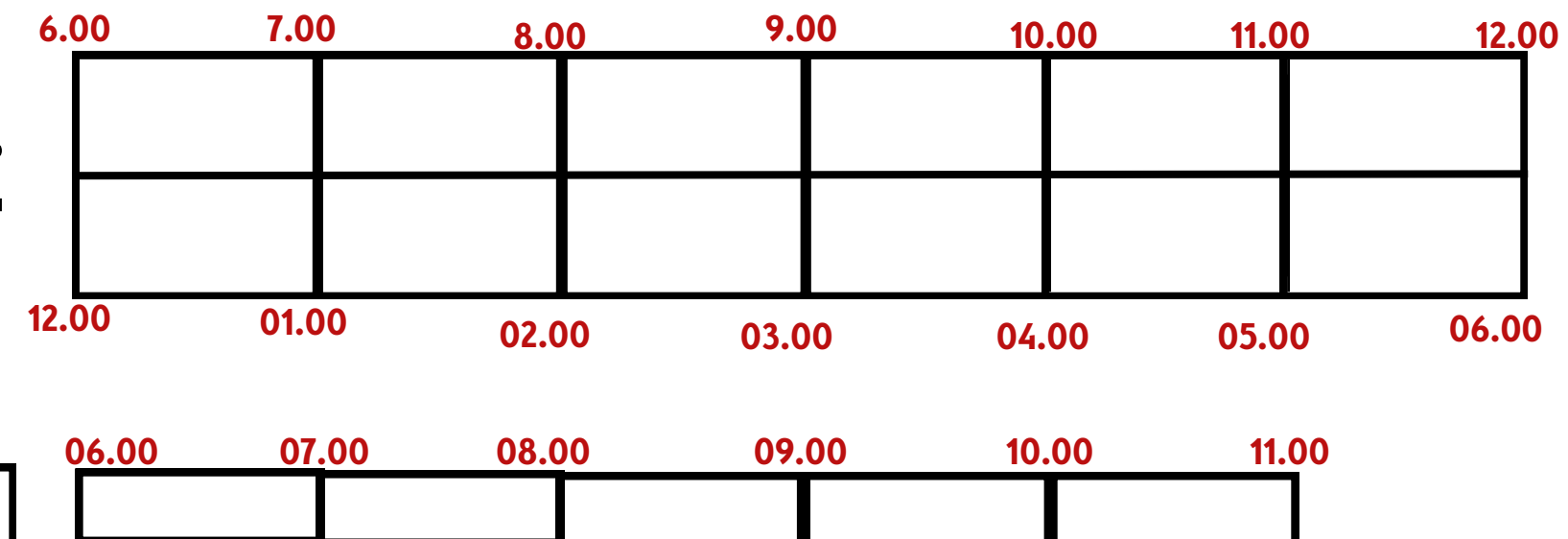
Handwriting practice lines consisting of five sets of three horizontal lines (top, middle, bottom) for writing goals.

Month _____ Week _____

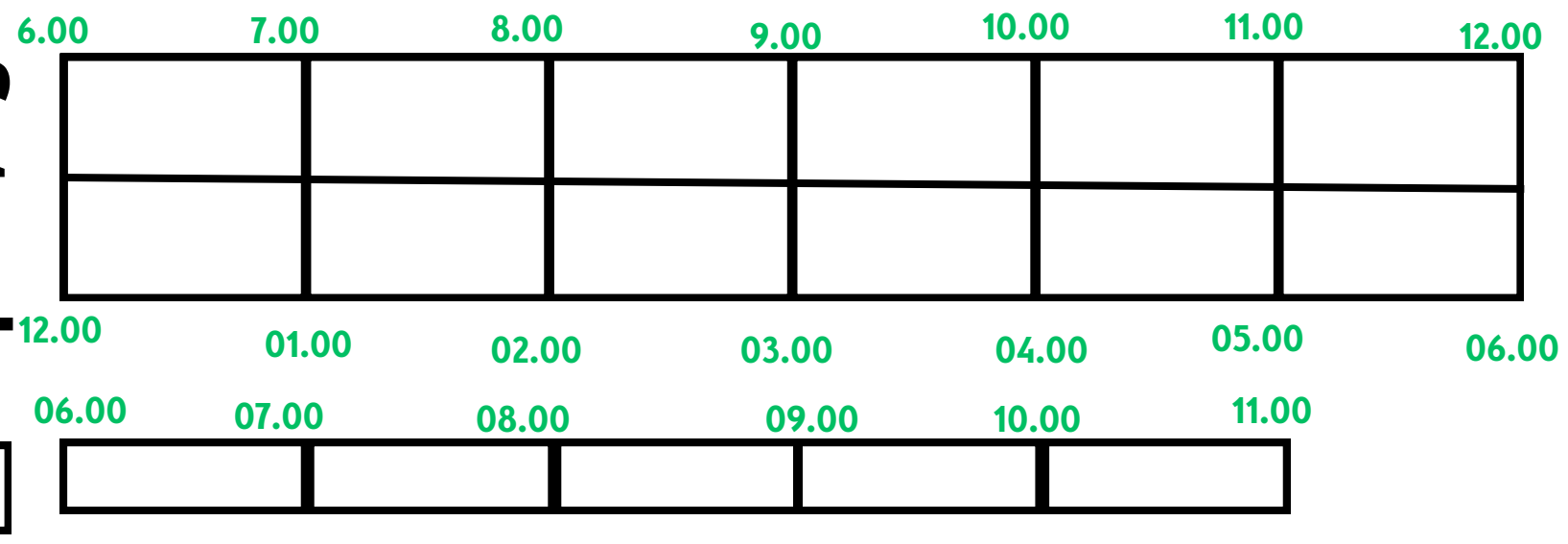
Thursday



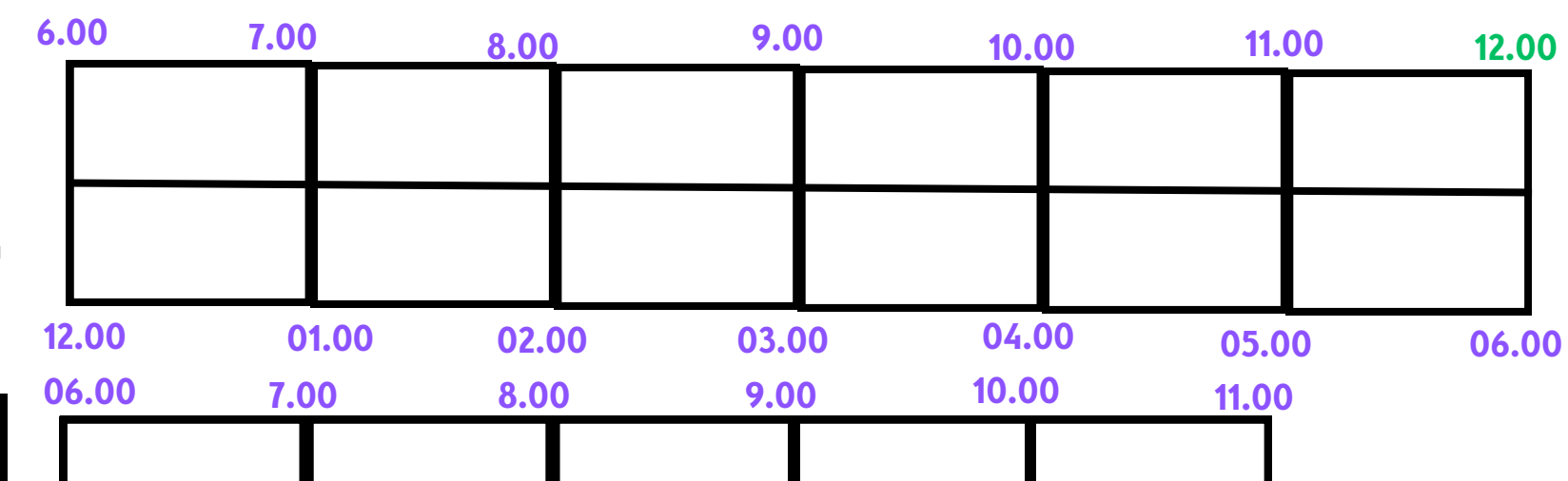
Friday



Saturday

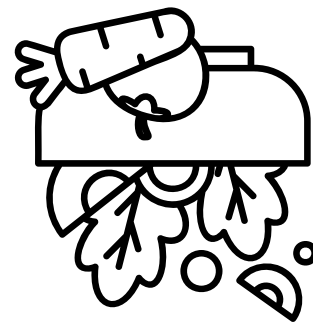


Sunday



WEEKLY MENU:

BREAKFAST LUNCH DINNER



MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREPPING FOOD:

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SHOPPING LIST:

[Large empty rectangular box for shopping list notes]

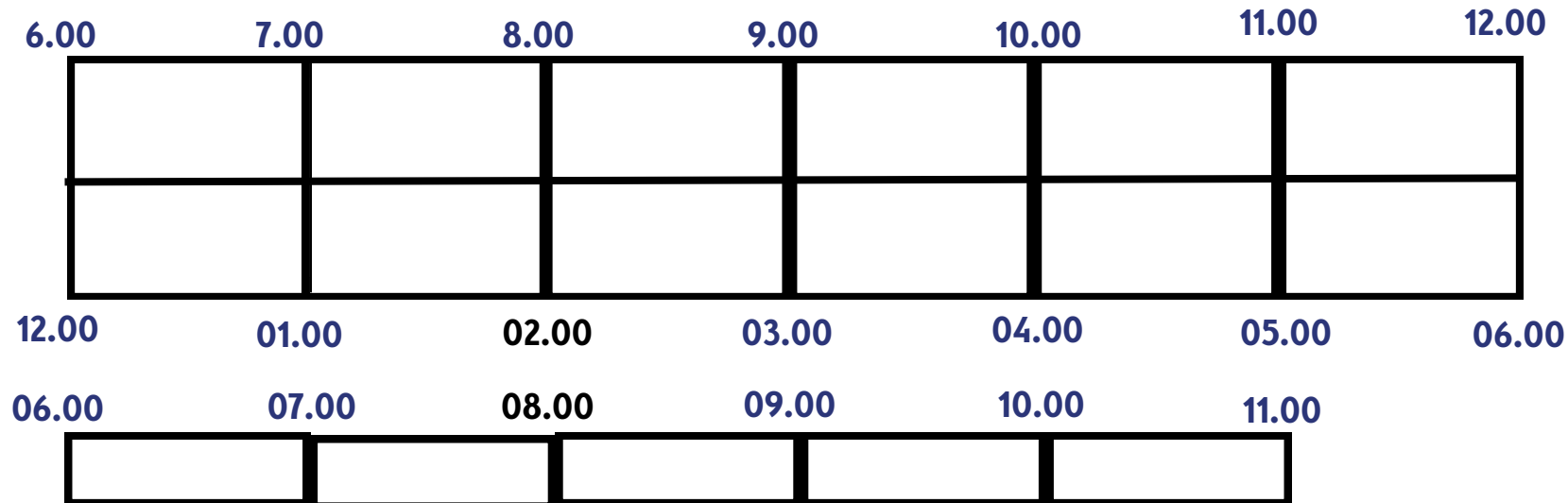
To Do List

Week _____

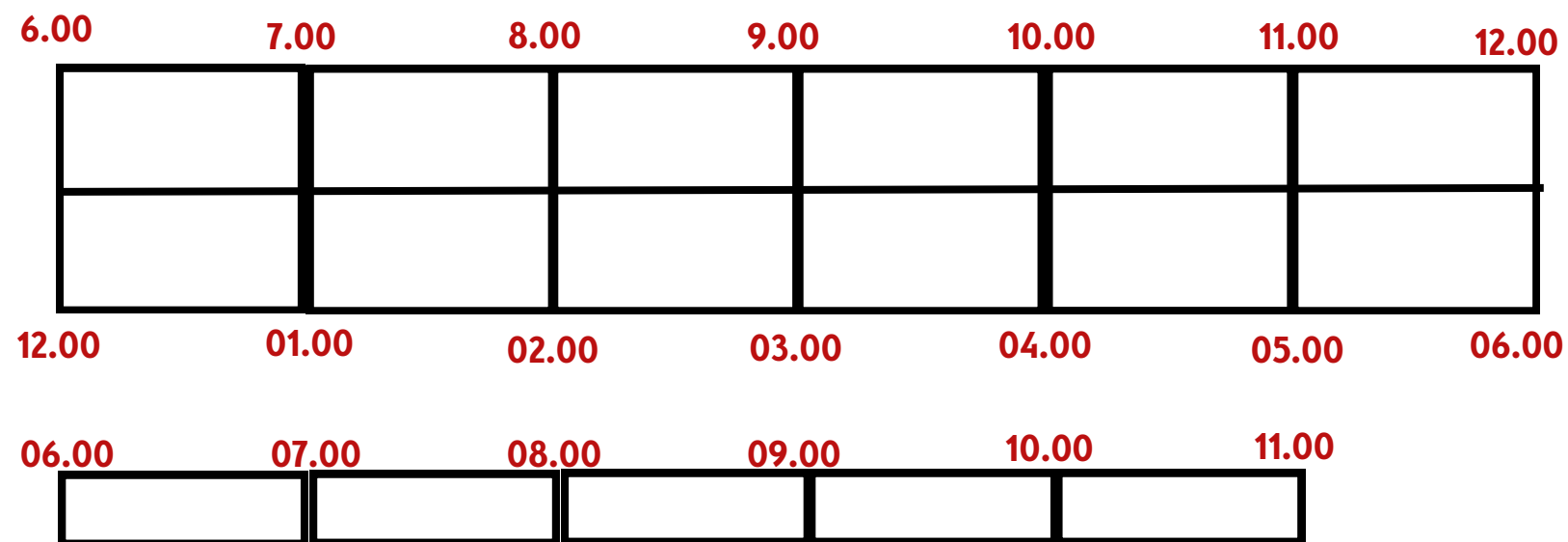
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Month _____ Week _____

Monday



Tuesday



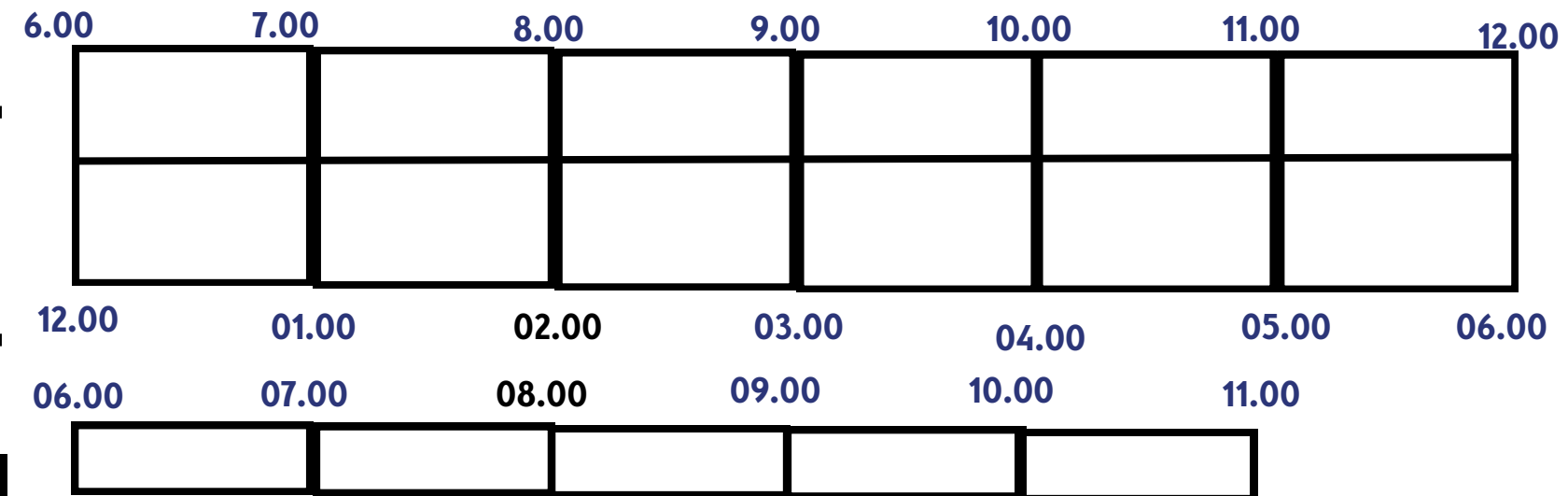
Wednesday



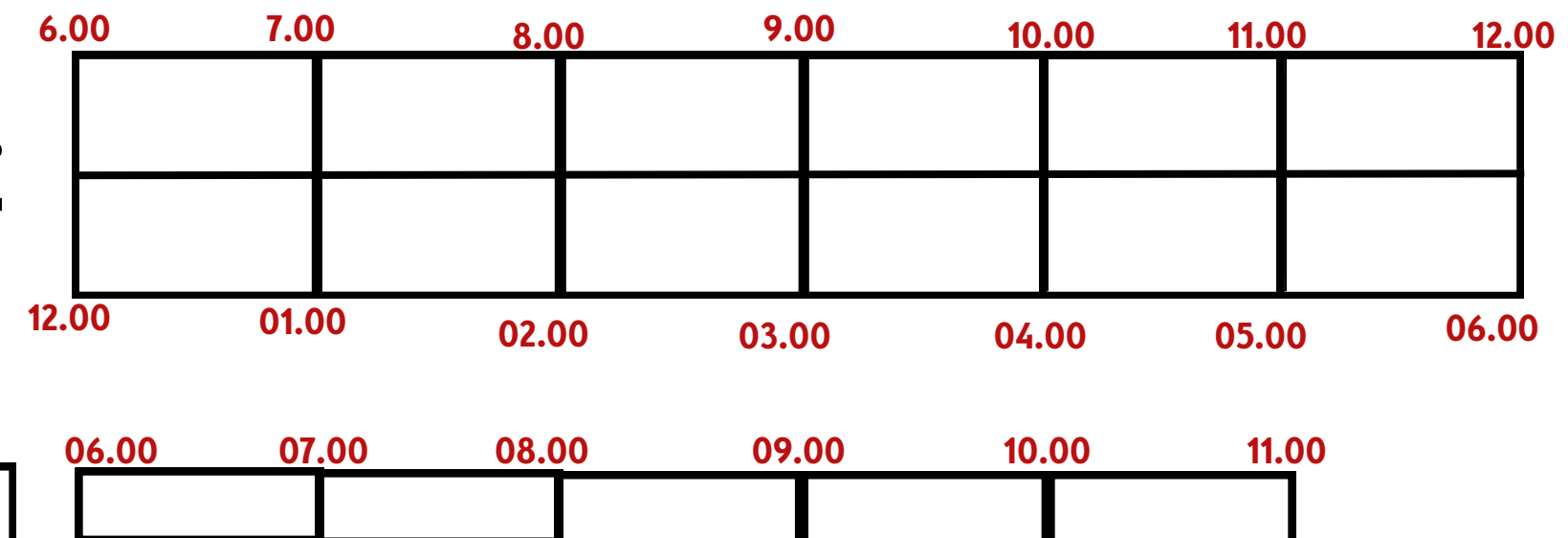
MY GOALS FOR THIS WEEK:

Month _____ Week _____

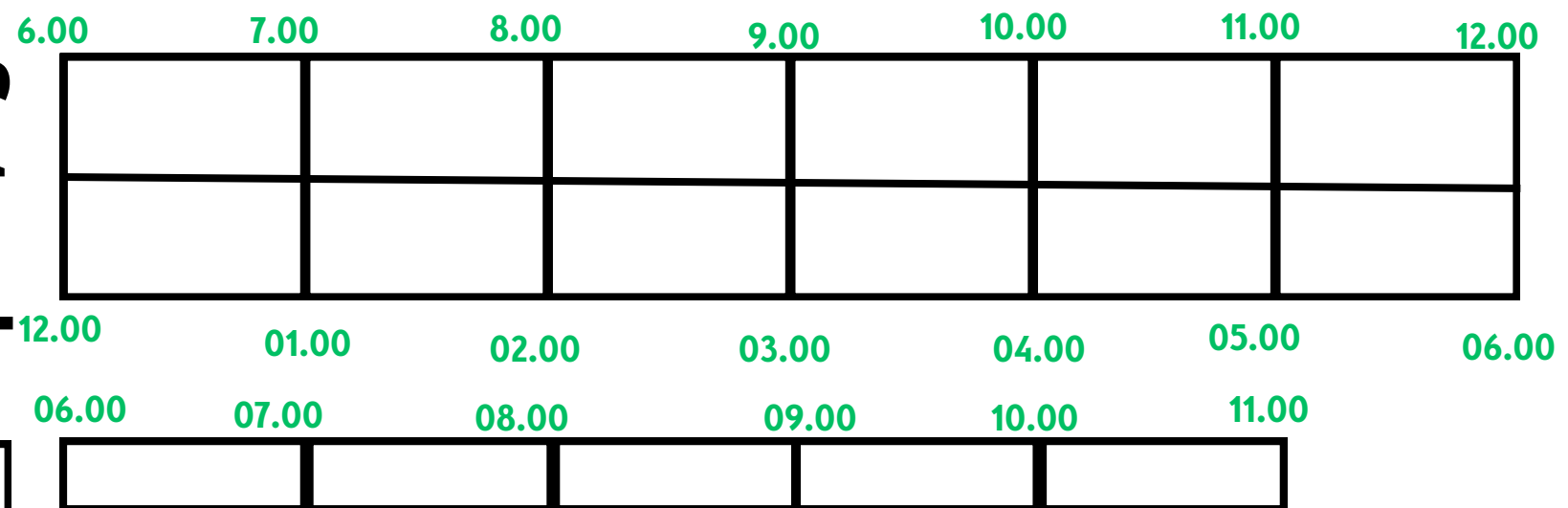
Thursday



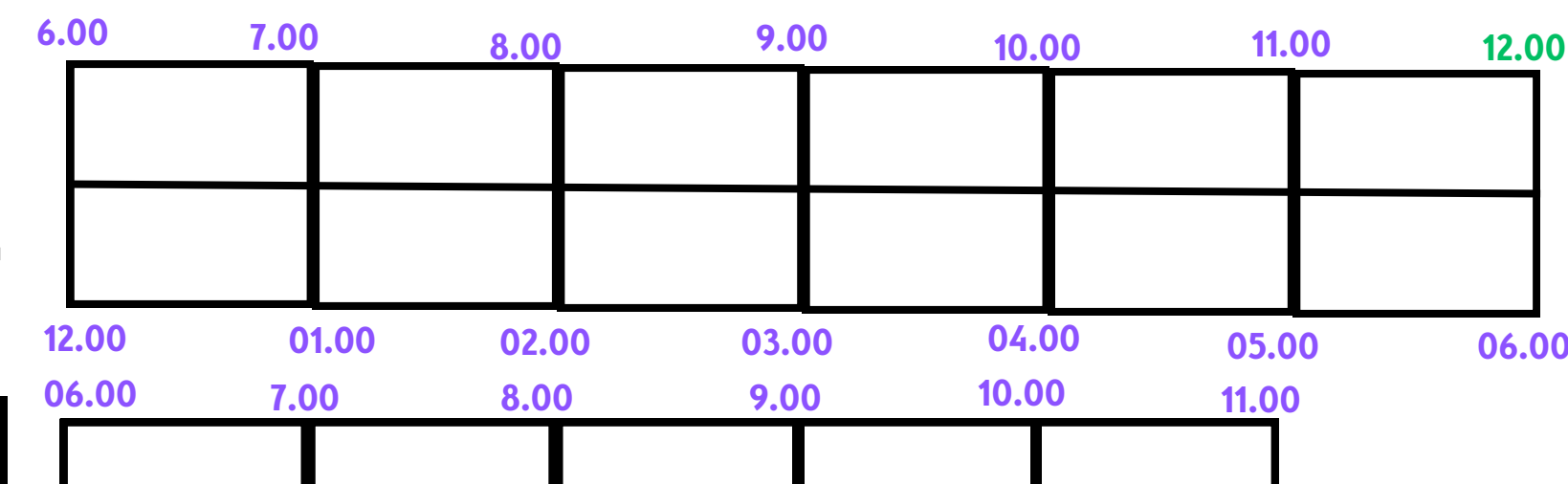
Friday



Saturday



Sunday



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To Do List

Week _____

SHOPPING LIST:

PREPPING FOOD:

MONDAY _____

TUESDAY _____

WEDNESDAY _____

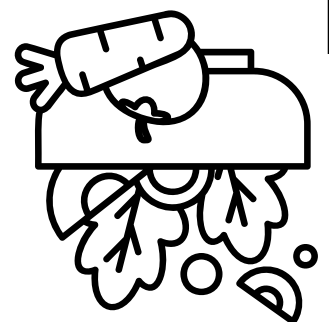
THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

BREAKFAST LUNCH DINNER



WEEKLY MENU: