











































# Weekly PLANNER

Exercise 

Week of: \_\_\_\_\_











































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WATER						
SCHEDULE						
2 MUST DO TASKS	 	 	 	 	 	 
IDEAS						
MEAL PLANNING	 	 	 	 	 	 
Groceries:	 	 	 	 	 	 

Free Weekly Planner by A Mom's Take - [amomstake.com/weekly-calendar-planner](http://amomstake.com/weekly-calendar-planner)

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