

# Weekly Planner

Dates:

## SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## WEEKLY GOALS

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## GET DONE THIS WEEK

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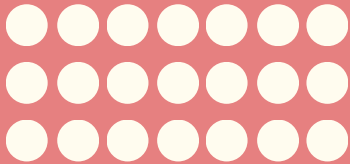
## I'M GRATEFUL FOR

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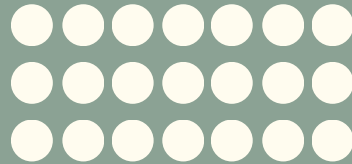
# Healthy Weekly Habits

Dates:

Eat Healthy



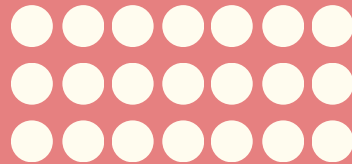
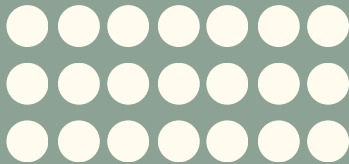
Drink Water



Exercise



Get Enough Sleep



Weekly Reflections: