

Family name:

Weekly Planner

Take control of your week. Identify your top 4 goals in each of your areas of responsibility.

The weekly schedule

Responsibilities

Goals

Self-care

Children

Work

Home

Community/
Family/
Friends

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Appointments/Commitments

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

Evening

6

7

8

9

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Evening

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Evening

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Evening

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Evening

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12

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Evening

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12

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8

Evening

Notes