

Weekly Planner

Menu

M

T

W

TH

F

SA

SU

Have I...

prioritized sleep



went outside/moved my body



drank enough water



Balance

Protein

M T W TH F SA SU

Carbs

M T W TH F SA SU

Healthy Fats

M T W TH F SA SU

Checklist

1

2

3

4

5

6

Snacks for the week: _____

Meal prep notes: _____