Weekly Plan Sheet

Name: Ellen **Week of:** July 14 - 20

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
7:00 AM	AM ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTIN	AM ROUTIN
8:00 AM	PLAN MEALS						
9:00 AM	FOOD SHOP		PRIME DAY			WALK W/ MOLLY + OLIVIA	
10:00 AM		PRIME DAY				DRY CLEANING	
11:00 AM	CLEAN HOUSE			COACHING CALL		OPEN PRIME	
12:00 PM			LUNCH	OPEN PRIME		GOOD WILL	
1:00 PM	LUNCH	LUNCH	PMRO WEEKLY CALL	LUNCH	LUNCH	LUNCH	LUNCH
2:00 PM	CLOSOUT			CMP INFO SESSION		CMP INFO SESSION	
3:00 PM		WRITE QUESTIONS	WRITE QUESTIONS		WRITE QUESTIONS		
4:00 PM	PLAN WORK			TIME MGMT	MEDITATE		
5:00 PM		MEDITATE			CMP INFO SESSION		
6:00 PM		DINNER			PREP FOR DINNER		
7:00 PM	DINNER	PREP FOR CMP STUDY GROUP	DINNER	DINNER	CMP STUDY GROUP	DINNER	DINNER
8:00 PM							
9:00 PM							
10:00 PM							
	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP