

week of:

thursday

Handwriting lines for Thursday

monday

Handwriting lines for Monday

friday

Handwriting lines for Friday

tuesday

Handwriting lines for Tuesday

saturday

Handwriting lines for Saturday

wednesday

Handwriting lines for Wednesday

sunday

Handwriting lines for Sunday

Water intake tracker with checkboxes for m, t, w, h, f



focus:



Large purple-bordered box for writing the plan

the plan

Green-bordered box for writing

shopping list

Pink-bordered box for writing a shopping list

shopping list

Purple-bordered box for writing a shopping list

this week's menu

Green-bordered box for writing the menu with days of the week listed on the left