

WEEKLY PLANNER

.../.../... - .../.../...

QUOTE OF THE WEEK

WEEKLY PRIORITIES

- _____
- _____
- _____
- _____
- _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEKLY CHECKLIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SELF CARE

STAY ACTIVE

- Go for a walk / run

STAY CONNECTED

- Catch up with a friend

RELAX

- Try breathing exercises

