# MONTHLY BUDGET

MONTH _____

| INCOME | EXPECTED | ACTUAL |
|---|---|---|
| | | |
| | | |
| | | |

| EXPENSE | BUDGET | ACTUAL |
|---|---|---|
| Housing | | |
| Utilities | | |
| Groceries | | |
| Transportation | | |
| Insurance | | |
| Phone & internet | | |
| Kids & family | | |
| Household | | |
| Dining out | | |
| Gifts & giving | | |
| Savings | | |
| Debt payments | | |
| | | |
| | | |

| TOTAL IN | TOTAL OUT | LEFT OVER |
|---|---|---|
| _____ | _____ | _____ |

# MONTH _____

YEAR _____

| SUN | MON | TUE | WED |
| --- | --- | --- | --- |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

# MONTH

CONTINUED

| THU | FRI | SAT | NOTES |
| --- | --- | --- | --- |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

# **MONTHLY** DINNER PLAN

MONTH _____

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

# MEAL PREP PLAN

*Cook once, eat well all week.*

PREP DAY _____ MEALS COVERED _____

## PROTEINS

_____
_____
_____
_____
_____

## GRAINS & STARCHES

_____
_____
_____
_____
_____

## VEGETABLES

_____
_____
_____
_____
_____

## SAUCES

_____
_____
_____
_____
_____

## SNACKS

_____
_____
_____
_____
_____

## BREAKFASTS

_____
_____
_____
_____
_____

## PREP STEPS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

# WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

## TOP PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## NOTES

# WEEKLY MEAL PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| SUN | | | |
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |

GROCERY LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

# DAILY CLEANING CHECKLIST

*Our suggested list. The next page is blank for your own.*

WEEK OF _____

| TASK | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Make the beds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wipe kitchen counters | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Load / run dishwasher | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Quick bathroom wipe | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sweep the kitchen | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy living areas | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Start a load of laundry | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take out trash if full | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sort the mail | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10-minute reset | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

_____
_____
_____

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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_____
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# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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_____
_____

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
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8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
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8 AM _____
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10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
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- ☐ _____

## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
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1 PM _____
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## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
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- ☐ _____
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- ☐ _____
- ☐ _____

## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
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9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
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4 PM _____
5 PM _____
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8 PM _____
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## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

_____
_____
_____

# WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

## TOP PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## NOTES

# WEEKLY MEAL PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| SUN | | | |
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |

GROCERY LIST

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- ☐ _____
- ☐ _____

# DAILY CLEANING CHECKLIST

*Our suggested list. The next page is blank for your own.*

WEEK OF _____

| TASK | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Make the beds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wipe kitchen counters | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Load / run dishwasher | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Quick bathroom wipe | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sweep the kitchen | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy living areas | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Start a load of laundry | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take out trash if full | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sort the mail | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10-minute reset | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
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6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
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## DON'T FORGET

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# DAILY PLANNER

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## DON'T FORGET

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# DAILY PLANNER

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## TOP 3

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## TO DO

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## DON'T FORGET

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# DAILY PLANNER

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## TO DO

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## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

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9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

## DON'T FORGET

_____
_____
_____

# WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

## TOP PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## NOTES

# WEEKLY MEAL PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| SUN | | | |
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |

GROCERY LIST

- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

# DAILY CLEANING CHECKLIST

*Our suggested list. The next page is blank for your own.*

WEEK OF _____

| TASK | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Make the beds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wipe kitchen counters | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Load / run dishwasher | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Quick bathroom wipe | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sweep the kitchen | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy living areas | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Start a load of laundry | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take out trash if full | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sort the mail | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10-minute reset | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

_____
_____
_____

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
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9 AM _____
10 AM _____
11 AM _____
12 PM _____
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2 PM _____
3 PM _____
4 PM _____
5 PM _____
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8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

## DON'T FORGET

_____
_____
_____



HELIA DESIGN CO

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
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## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
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## TOP 3

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## TO DO

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## DON'T FORGET

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_____
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HELIA DESIGN CO

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
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10 AM _____
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12 PM _____
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## TOP 3

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## TO DO

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## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

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## TO DO

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## DON'T FORGET

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# DAILY PLANNER

DATE _____

SCHEDULE

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8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

## DON'T FORGET

_____
_____
_____

# WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

## TOP PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## NOTES

# WEEKLY MEAL PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| SUN | | | |
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |

GROCERY LIST

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- ☐ _____

# DAILY CLEANING CHECKLIST

*Our suggested list. The next page is blank for your own.*

WEEK OF _____

| TASK | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Make the beds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wipe kitchen counters | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Load / run dishwasher | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Quick bathroom wipe | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sweep the kitchen | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy living areas | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Start a load of laundry | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take out trash if full | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sort the mail | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10-minute reset | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# DAILY PLANNER

DATE _____

SCHEDULE

6 AM _____
7 AM _____
8 AM _____
9 AM _____
10 AM _____
11 AM _____
12 PM _____
1 PM _____
2 PM _____
3 PM _____
4 PM _____
5 PM _____
6 PM _____
7 PM _____
8 PM _____
9 PM _____

## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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# DAILY PLANNER

DATE _____

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6 AM _____
7 AM _____
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5 PM _____
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## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

## DON'T FORGET

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## TOP 3

1. _____
2. _____
3. _____

## TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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## TOP 3

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2. _____
3. _____

## TO DO

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- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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## TO DO

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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DON'T FORGET

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_____
_____

# WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

## TOP PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## NOTES

# WEEKLY MEAL PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| SUN | | | |
| MON | | | |
| TUE | | | |
| WED | | | |
| THU | | | |
| FRI | | | |
| SAT | | | |

GROCERY LIST

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

# DAILY CLEANING CHECKLIST

*Our suggested list. The next page is blank for your own.*

WEEK OF _____

| TASK | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Make the beds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wipe kitchen counters | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Load / run dishwasher | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Quick bathroom wipe | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sweep the kitchen | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy living areas | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Start a load of laundry | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Take out trash if full | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sort the mail | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10-minute reset | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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- ☐ _____

## DON'T FORGET

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# GROCERY LIST

STORE _____

## PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## MEAT & SEAFOOD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## BAKERY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## PANTRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## SNACKS & DRINKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## HOUSEHOLD

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

## OTHER

- ☐ _____
- ☐ _____
- ☐ _____
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