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

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_____
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GRAINS & STARCHES

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VEGETABLES

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BREAKFASTS

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PREP STEPS

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WEEKLY PLANNER

WEEK OF _____

SUN

MON

TUE

WED

THU

FRI

SAT

TOP PRIORITIES

- [ ] _____
- [ ] _____
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- [ ] _____
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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 _____
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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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WEEKLY PLANNER

WEEK OF _____

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TOP PRIORITIES

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NOTES

WEEKLY MEAL PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
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GROCERY LIST

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DAILY CLEANING CHECKLIST

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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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WEEKLY PLANNER

WEEK OF _____

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TOP PRIORITIES

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NOTES

WEEKLY MEAL PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
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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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DAILY PLANNER

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DAILY PLANNER

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HELIA DESIGN CO

DAILY PLANNER

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WEEKLY PLANNER

WEEK OF _____

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TOP PRIORITIES

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NOTES

WEEKLY MEAL PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
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GROCERY LIST

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DAILY CLEANING CHECKLIST

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

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Wipe kitchen counters	☐	☐	☐	☐	☐	☐	☐
Load / run dishwasher	☐	☐	☐	☐	☐	☐	☐
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Take out trash if full	☐	☐	☐	☐	☐	☐	☐
Sort the mail	☐	☐	☐	☐	☐	☐	☐
10-minute reset	☐	☐	☐	☐	☐	☐	☐
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DAILY PLANNER

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TOP 3

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WEEKLY PLANNER

WEEK OF _____

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TOP PRIORITIES

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NOTES

WEEKLY MEAL PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
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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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GROCERY LIST

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PRODUCE

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MEAT & SEAFOOD

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DAIRY & EGGS

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SNACKS & DRINKS

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