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

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

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

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

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

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

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

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

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

_____
_____
_____

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

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

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

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

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

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

_____
_____
_____

GROCERY LIST

STORE _____

PRODUCE

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

MEAT & SEAFOOD

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

DAIRY & EGGS

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

BAKERY

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

PANTRY

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

FROZEN

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

SNACKS & DRINKS

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

HOUSEHOLD

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

OTHER

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