

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Personal Planner

TO-DO

Reminders for Next Week:

Notes:

Sunday

SCHOOL SCHEDULE

WEEKLY PLANNER

MORNING

AFTERNOON

NIGHT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



30 DAY GOOD HABIT CHALLENGE

21/90 Rule: Did you know that it takes 21 days to form a new habit and about 90 days to make a permanent lifestyle change? Think of something you would like to do to improve your life. Maybe you want to read more, exercise more, or be more organized. Choose your new habit and use this to help you keep track of your progress!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

MY CHALLENGE:

Healthy Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



WORK IT!

WORKOUT PLANNER



ACTIVITY	TIME	REPS
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		

BEING ACTIVE KEEPS THE BODY
AND MIND BALANCED.