

# APR

2022

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

				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	

TWENTY TWENTY TWO

# APR

M T W T F S S

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

2022

AUG

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

**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**

**31**

# YEARLY BIRTHDAYS

January

February

March

April

May

June

July

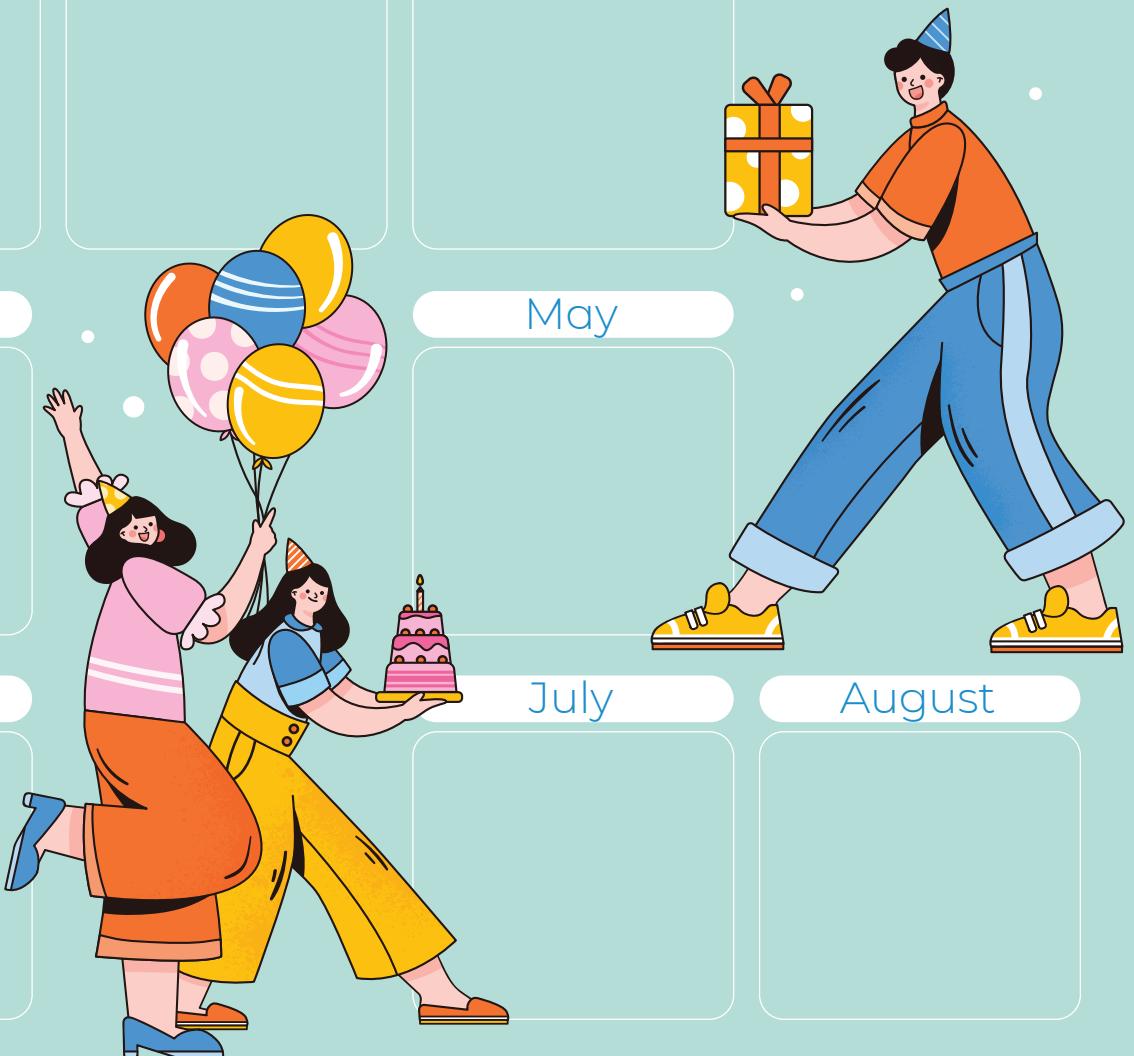
August

September

October

November

December



# CALENDAR

JAN  
FEB

MAR  
APR

MAY  
JUN

JUL  
AUG

SEP  
OCT

NOV  
DEC

# WEEKLY SCHEDULE

The week of:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					

Name:

# CHORE CHART

# Daily Duties

Name:

# CHORE CHART

Name:

# My NOTES

## VOCABULARY

## NOTES

## SUMMARY

## QUESTIONS



PROJECT  
DUE!

TEST TODAY  
NO SCHOOL



PROJECT  
DUE!

TEST TODAY

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME



# Checklist



# Checklist



# Checklist



# CHORE CHART

DATE \_\_\_\_\_

CHORES	SUN	MON	TUE	WED	THU	FRI	SAT

★ REWARDS

SUN	MON	TUE	WED	THU	FRI	SAT

# MONTHLY CHORE CHART

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

TOP GOALS

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

THINGS TO DO

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

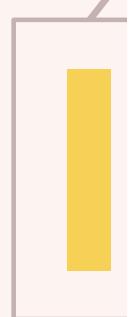
---

---

---

---

---

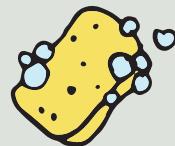
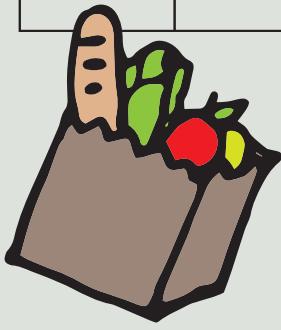
Name \_\_\_\_\_



DATE \_\_\_\_\_

# WEEKLY **CHORE CHART**

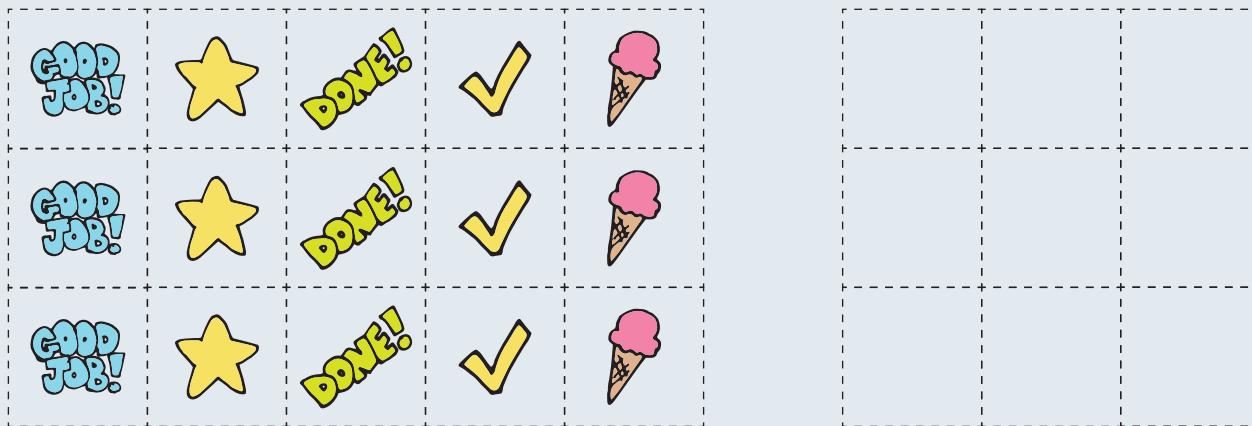
SUN	MON	TUE	WED	THU	FRI	SAT	REWARDS



# CHORES



# REMARKS



# CHORE

PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						

<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						
<input type="checkbox"/> .....						



# CHORE

# P L A N N E R



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Sunday

# CLEANING PLANNER

## ROOMS

KITCHEN

BATHROOM

LIVING ROOM

BEDROOM

DAILY CLEANING

MON

TUE

WED

THU

FRI

SAT

SUN

MONTHLY CLEANING



NOTES



# CLEANING CHECKLIST

Month



## TASK

---

---

---

---

---

---

---

---

S	M	T	W	T	F	S
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						
<input type="circle"/>						



## NOTES

---

---

---

---





# Room by Room Cleaning List

<b>Kitchen</b>	<b>Dining Room</b>	<b>Bathroom</b>
<input type="checkbox"/> Wipe fixtures <input type="checkbox"/> Wipe doors & drawers <input type="checkbox"/> Clear & clean counters <input type="checkbox"/> Wipe & dust appliances <input type="checkbox"/> Clean sink <input type="checkbox"/> Vacuum & wash floor	<input type="checkbox"/> Tidy up <input type="checkbox"/> Dust <input type="checkbox"/> Wipe fixtures <input type="checkbox"/> Vacuum furniture & floor <input type="checkbox"/> Wash floor (if necessary) <input type="checkbox"/> Change mats & cover	<input type="checkbox"/> Clean mirror <input type="checkbox"/> Clean vanity & sink <input type="checkbox"/> Wipe fixtures & surface <input type="checkbox"/> Clean tub/shower <input type="checkbox"/> Clean toilet <input type="checkbox"/> Vacuum & wash floor
<b>Living Room</b>	<b>Master Bedroom</b>	<b>Bedroom</b>
<input type="checkbox"/> Tidy up <input type="checkbox"/> Dust <input type="checkbox"/> Wipe fixtures <input type="checkbox"/> Vacuum furniture & floor <input type="checkbox"/> Wash floor (if necessary)	<input type="checkbox"/> Tidy up <input type="checkbox"/> Dust <input type="checkbox"/> Wipe fixtures <input type="checkbox"/> Vacuum furniture <input type="checkbox"/> Change bedding	<input type="checkbox"/> Tidy up <input type="checkbox"/> Dust <input type="checkbox"/> Wipe fixtures <input type="checkbox"/> Vacuum furniture <input type="checkbox"/> Change bedding
<b>Laundry Room</b>		
<input type="checkbox"/> Dust <input type="checkbox"/> Wipe washer & dryer <input type="checkbox"/> Tidy laundry supplies <input type="checkbox"/> Vacuum & wash floor	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Required Cleaning Supplies

- Bathroom cleaner
- Garbage bags
- Duster
- Mop
- Broom
- Toilet brush
- Glass cleaner
- All-purpose cleaner

# Room by Room Cleaning List

Kitchen
<input type="checkbox"/>

Dining Room
<input type="checkbox"/>

Bathroom
<input type="checkbox"/>

Living Room
<input type="checkbox"/>

Master Bedroom
<input type="checkbox"/>

Bedroom
<input type="checkbox"/>

Laundry Room
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

## Required Cleaning Supplies

- Bathroom cleaner
- Garbage bags
- Duster
- Mop
- Broom
- Toilet brush
- Glass cleaner
- All-purpose cleaner

# Room by Room Cleaning List

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	
<input type="checkbox"/>	

## Required Cleaning Supplies

- Bathroom cleaner
- Garbage bags
- Duster
- Mop
- Broom
- Toilet brush
- Glass cleaner
- All-purpose cleaner



— Weekly —

# Cleaning Schedule



## Everyday Tasks

- 
- 
- 
- 
- 
- 
- 
- 

M	T	W	T	F	S	S

## Kitchen

- 
- 
- 
- 
- 
- 
- 
- 

## Bathroom

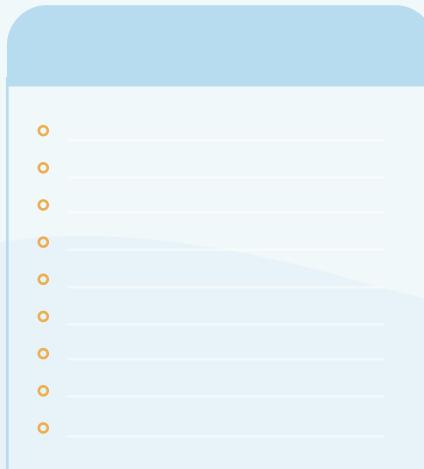
- 
- 
- 
- 
- 
- 
- 
- 

## Living Room

- 
- 
- 
- 
- 
- 
- 
- 

## Bedroom

- 
- 
- 
- 
- 
- 
- 
- 



# TODAY'S PLAN

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

10 PM

Date:

Priorities:

1

2

3

4

To Do:


Notes:

--

# Daily planner

GOALS

REMINDER

TO DO LIST

PLAN

HIGHLIGHTS

NOTES

PRIORITIES

Date

# Daily To Do List

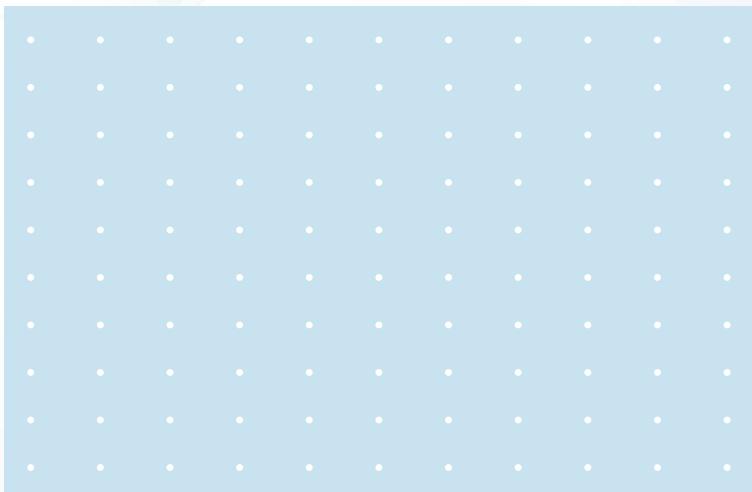
MAKE PLANS

DATE: \_\_\_\_\_ DAY: \_\_\_\_\_

## TODAY'S MUST DOS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PERSONAL NOTES



## GOAL OF THE DAY

## SCHEDULE

## MEALS

BREAKFAST
LUNCH
DINNER

## WATER INTAKE



# DAILY

## planner

DATE \_\_\_\_\_

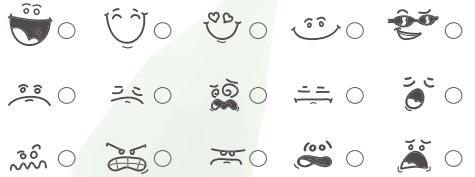
REMINDER

TIME	TASK

M○ T○ W○ T○ F○ S○ S○



MOOD



NOTES



BREAKFAST

LUNCH

SNACK

DINNER

DAY END NOTE :

# daily tasks

## TO DO LIST

- o \_\_\_\_\_

## TO DO LIST

- o \_\_\_\_\_

## NOTES:

---

---

---

---

TWENTY TWENTY TWO



M T W T F S S

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 31

2022

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

	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						

B  
E  
L

TWENTY TWENTY TWO



M T W T F S S

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

# FOOD MATH



Bear is hungry and wants to enjoy a balanced meal! Can you use your math skills to design today's menu for him using the daily guidelines shown to the right?

## GUIDELINES & CONVERSIONS

Two ways to measure food are in volume (e.g., cups) and weight (e.g., ounces).

1 American cup is equivalent to 8 ounces.

### DAILY GUIDELINES BY FOOD TYPE:

Grains	6 ounces (oz.)
Vegetables	2 $\frac{1}{2}$ cups (c.)
Fruit	2 $\frac{1}{2}$ c.
Dairy	3 c.
Protein	5 oz.

Put a **B** for breakfast, **L** for lunch, **D** for dinner, and **S** for snack next to the items you choose. You can select an item more than once. Just make sure the totals for the day match the guidelines listed above!

MENU	GRAINS	PROTEIN
<b>VEGETABLES</b> Total: $2 \frac{1}{2}$ c.	<ul style="list-style-type: none"> <li><input type="checkbox"/> <math>\frac{1}{2}</math> c. baby carrots</li> <li><input type="checkbox"/> 1 ear of corn = 1 c.</li> <li><input type="checkbox"/> 1 baked potato = 1 c.</li> <li><input type="checkbox"/> 1 sweet potato = 1 c.</li> <li><input type="checkbox"/> 1 c. lettuce</li> <li><input type="checkbox"/> 1 c. broccoli</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 slice bread = 1 oz.</li> <li><input type="checkbox"/> 5 crackers = 1 oz.</li> <li><input type="checkbox"/> 1 bowl of cereal = 1 oz.</li> <li><input type="checkbox"/> 1 bowl of rice = 1 oz.</li> <li><input type="checkbox"/> 1 bowl of pasta = 2 oz.</li> <li><input type="checkbox"/> 1 bread bun = 2 oz.</li> <li><input type="checkbox"/> 1 handful of popcorn = 1 oz.</li> </ul>
<b>DAIRY</b> Total: 3 c.	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 c. milk</li> <li><input type="checkbox"/> <math>\frac{1}{2}</math> c. yogurt</li> <li><input type="checkbox"/> 1 c. American cheese</li> <li><input type="checkbox"/> 1 c. cheddar cheese</li> <li><input type="checkbox"/> 1 c. feta cheese</li> <li><input type="checkbox"/> 1 c. fortified nut milk</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 handful of nuts = 2 oz.</li> <li><input type="checkbox"/> 1 bowl of pea soup = 2 oz.</li> <li><input type="checkbox"/> 1 dollop nut butter = 1 oz.</li> <li><input type="checkbox"/> 1 chicken leg = 3 oz.</li> <li><input type="checkbox"/> 1 small burger = 3 oz.</li> <li><input type="checkbox"/> 1 slice lunchmeat = 1 oz.</li> </ul>
	<b>FRUITS</b> Total: $2 \frac{1}{2}$ c.	<b>BONUS!</b>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small apple = 1 c.</li> <li><input type="checkbox"/> 1 large orange = 1 c.</li> <li><input type="checkbox"/> 1 c. grapes</li> <li><input type="checkbox"/> 1 peach = 1 c.</li> <li><input type="checkbox"/> <math>\frac{1}{2}</math> c. raisins</li> <li><input type="checkbox"/> 1 wedge cantaloupe = <math>\frac{1}{2}</math> c.</li> <li><input type="checkbox"/> 1 wedge watermelon = 1 c.</li> </ul>	<p>Bear would like a treat after dinner. Select one dessert for him:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 slice honey cake</li> <li><input type="checkbox"/> 1 scoop honey ice cream</li> <li><input type="checkbox"/> 1 spoonful of honey</li> </ul>



# My GOALS

For \_\_\_\_\_

## TO DOS

STARTED ON	DONE
------------	------

STARTED ON	DONE
------------	------

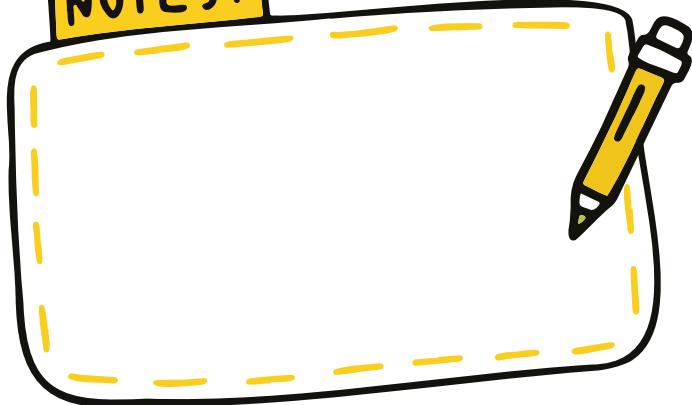
STARTED ON	DONE
------------	------



## PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

NOTES:



MY GOAL

ACHIEVE GOAL BY

# Weekly GOALS

Week \_\_\_\_\_

## TO DOS

STARTED ON

DONE

STARTED ON

DONE

STARTED ON

DONE

NOTES:

ACHIEVED?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

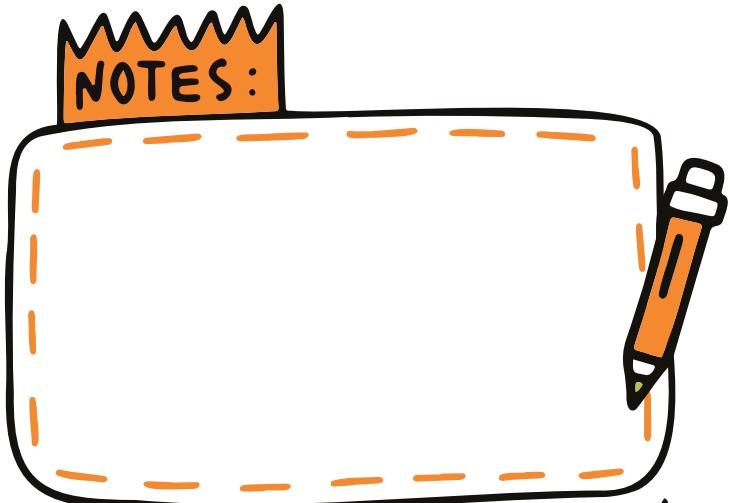
FRIDAY

SATURDAY

SUNDAY

# Monthly GOALS

*Month* \_\_\_\_\_



# PLANNING



# Goal

## PLANNER

### SHORT & LONG TERM GOALS

#### GOALS TO HIT IN THE NEXT 3 MONTHS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### GOALS TO HIT IN THE NEXT 6 MONTHS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### GOALS TO HIT IN THE NEXT 12 MONTHS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### GOALS TO HIT IN THE NEXT 3 YEARS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Goal Tracker

## GOAL

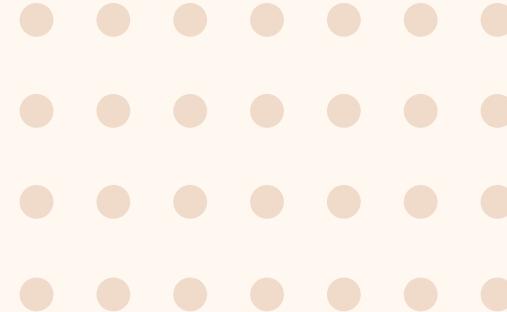
---

---

---

---

M T W T F S S



## GOAL

---

---

---

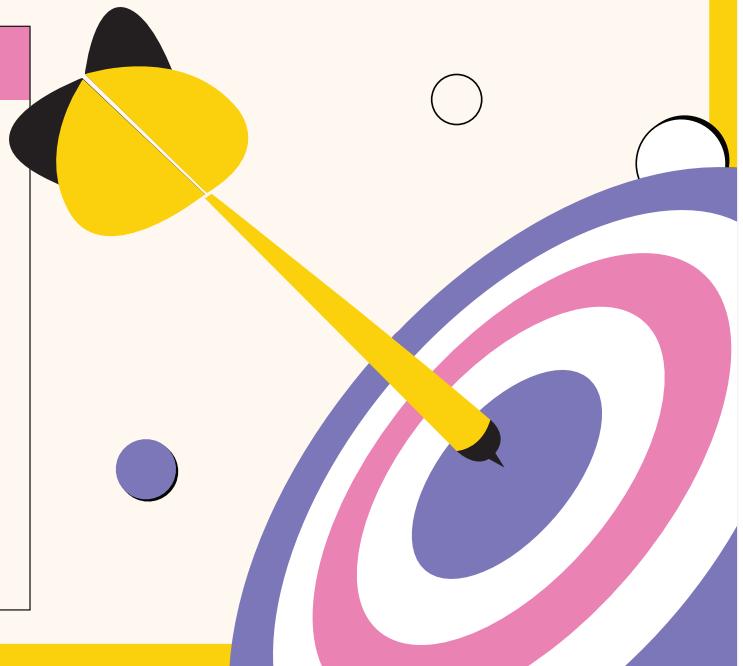
---

M T W T F S S



## ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



2021

MON TUE WED THU FRI SAT SUN

				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	31

JAN

2021

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

**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**

3  
4  
5  
6

2021

# MAR

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

**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**

**31**

# APR

2021

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

			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		

# MAY

2021

MON	TUE	WED	THU	FRI	SAT	SUN
					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
31						

2021

MON TUE WED THU FRI SAT SUN

	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				

JUN

2021

MON TUE WED THU FRI SAT SUN

			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	31	

JUL

2021

AUG

MON TUE WED THU FRI SAT SUN

					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	31					

2021

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

		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			

SEP

2021

MON TUE WED THU FRI SAT SUN

				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	31

T  
C  
O

2021

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

**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**

NOV  
2021

2021

MON TUE WED THU FRI SAT SUN

		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	31		

C  
E  
D

# JAN

2022

MON	TUE	WED	THU	FRI	SAT	SUN
					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
31						



**JAN**

M T W T F S S

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

31

2022

MON TUE WED THU FRI SAT SUN

				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	31

JUL

2022

MON TUE WED THU FRI SAT SUN

		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			

JUN

TWENTY TWENTY TWO

JUN

M T W T F S S

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

2022

# MAR

MON TUE WED THU FRI SAT SUN

	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	31			

TWENTY TWENTY TWO

# MAR

M T W T F S S

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 31

# MAY

2022

MON	TUE	WED	THU	FRI	SAT	SUN
					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	31					

TWENTY TWENTY TWO

# MAY

M	T	W	T	F	S	S
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	31					

# Weekly meal planner

Date: \_\_\_\_\_

## BREAKFAST

## LUNCH

## DINNER

S

M

T

W

T

F

S

# Purpose & Motivation

---

---

---



## Notes

---

---

---

---

---

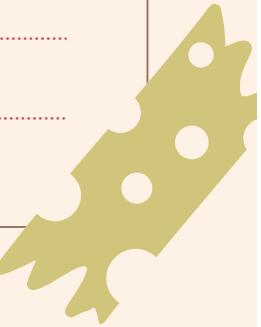
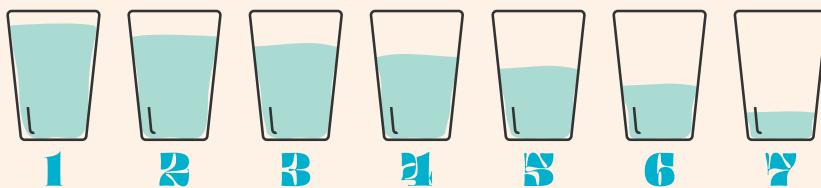
---

---

---



## Water intake



# FOOD TIME!

## Weekly Meals

Date:

Month:

MON

TUE

WED

THU

FRI

SAT

SUN

## GROCERY LIST





# Weekly Meal Planner

Date:

## Monday

- 
- 
- 
- 
- 

## Tuesday

- 
- 
- 
- 
- 

## Wednesday

- 
- 
- 
- 
- 

## Thursday

- 
- 
- 
- 
- 

## Friday

- 
- 
- 
- 
- 

## Saturday

- 
- 
- 
- 
- 

## Sunday

- 
- 
- 
- 
- 

## Notes

# Recipe Cards

SERVES	2	4	6	8	-
MAIN INGREDIENT(S)					
DIFFICULTY	<input type="radio"/>				
⌚PREP TIME					
⌚COOK TIME					
REVIEW	<input type="star"/>				

Recipe  
\_\_\_\_\_

Ingredients  
\_\_\_\_\_

Direction  
\_\_\_\_\_

SERVES	2	4	6	8	-
MAIN INGREDIENT(S)					
DIFFICULTY	<input type="radio"/>				
⌚PREP TIME					
⌚COOK TIME					
REVIEW	<input type="star"/>				

Recipe  
\_\_\_\_\_

Ingredients  
\_\_\_\_\_

Direction  
\_\_\_\_\_

# Recipe Planner

Prep Time:

Cooking Time:

Servings:

## Ingredients Required

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## How to / Preparations

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Other Notes

---

---

---

---

# WEEKLY MEAL PLANNER

BREAKFAST

LUNCH

SNACKS 

DINNER

MONDAY

DONE

DONE

DONE

DONE

TUESDAY

DONE

DONE

DONE

DONE

WEDNESDAY

DONE

DONE

DONE

DONE

THURSDAY

DONE

DONE

DONE

DONE

FRIDAY

DONE

DONE

DONE

DONE

SATURDAY

DONE

DONE

DONE

DONE

SUNDAY

DONE

DONE

DONE

DONE



# CALENDAR

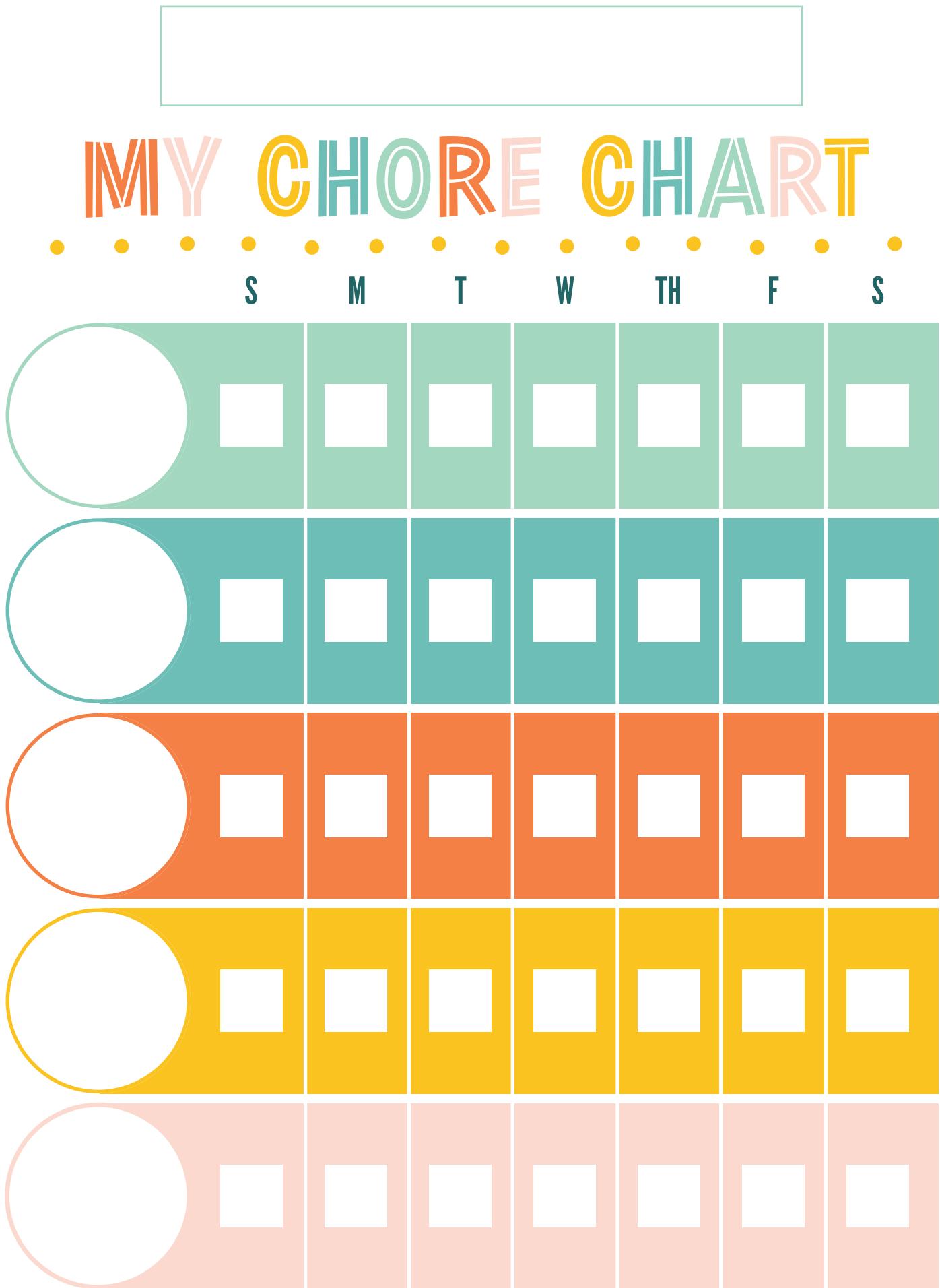


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



# WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					



# NOTES FOR



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





PROJECT  
DUE!

TEST  
TODAY

NO  
SCHOOL



PROJECT  
DUE!

TEST  
TODAY

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME



# CALENDAR

JAN  
FEB

MAR  
APR

MAY  
JUN

JUL  
AUG

SEP  
OCT

NOV  
DEC

# WEEKLY SCHEDULE

The week of:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					

Name:

# CHORE CHART

# Daily Duties

Name:

# CHORE CHART

Name:

# My NOTES

## VOCABULARY

## NOTES

## SUMMARY

## QUESTIONS



PROJECT  
DUE!

TEST  
TODAY

NO  
SCHOOL



PROJECT  
DUE!

TEST  
TODAY

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

LUNCH  
TIME

STUDY  
TIME

CLASS  
TIME

CLASS  
TIME

LUNCH  
TIME

LUNCH  
TIME



# Monthly Bill TRACKER

# Monthly Budget Planner

MONTH \_\_\_\_\_



DESCRIPTION

AMOUNT

NOTES \_\_\_\_\_

TOTAL INCOME \_\_\_\_\_

EXPENSES



DESCRIPTION

BUDGET

ACTUAL

DIFFERENCE

TOTAL EXPENSES \_\_\_\_\_

TOTAL



\_\_\_\_\_

\_\_\_\_\_

=

TOTAL  
INCOME

TOTAL  
EXPENSES

SAVINGS

# Monthly BUDGET

Month:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

ITEM

BUDGET

SPENT

BALANCE

TOTAL:

# Savings TRACKER



TOTAL SAVINGS:

MONTH:

DATE	GOAL	DUUE DATE	AMOUNT

2022

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

**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**

NOV  
Z

2022

T  
O  
C  
O

**MON**   **TUE**   **WED**   **THU**   **FRI**   **SAT**   **SUN**

					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
31						

2022

MON TUE WED THU FRI SAT SUN

			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		

SEP

Name \_\_\_\_\_

Date \_\_\_\_\_

# STORY STARTERS

## Write About Your Family

Write a story about your family.



# WEEKLY STUDY ROUTINE



MONDAY

Morning	Evening	Night

TUESDAY

Morning	Evening	Night

WEDNESDAY

Morning	Evening	Night

THURSDAY

Morning	Evening	Night

FRIDAY

Morning	Evening	Night

## DUE DATES

---

---

---

---

---

---

# Study Planner



Monday

Handwriting practice lines.



Tuesday

Handwriting practice lines.



Wednesday

Handwriting practice lines.



Thursday

Handwriting practice lines.



Friday

Handwriting practice lines.



Saturday

Handwriting practice lines.

*Notes:*

# Study Planner

Study Hours

Expected:

Actual:



Subjects

---

---

---

---

---

Classes

---

---

---

---

---

Study Process

---

---

---

---

---

Time Spent

---

---

---

---

---

Deadlines

---

---

---

---

---

Goals

---

---

---

---

---

Tasks:

TWENTY TWENTY ONE

JAN

M T W T F S S

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 31

TWENTY TWENTY ONE



M T W T F S S

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

TWENTY TWENTY ONE

# MAR

M T W T F S S

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 31

TWENTY TWENTY ONE

# APR

M	T	W	T	F	S	S
			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		

TWENTY TWENTY ONE

# MAY

M T W T F S S

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

31

TWENTY TWENTY ONE

JUN

M T W T F S S

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

TWENTY TWENTY ONE



M T W T F S S

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 31

TWENTY TWENTY ONE

# AUCTION

M T W T F S S  
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 31

TWENTY TWENTY ONE

S E P

M T W T F S S

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

TWENTY TWENTY ONE

# OCTOBER

M T W T F S S

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 31

TWENTY TWENTY ONE

# NOV

M T W T F S S

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

TWENTY TWENTY ONE



M T W T F S S

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 31

# CREATING A SELF-CARE PLAN

In partnership with the work of SAP and Qualtrics, the Mind Share Partners 2019 *Mental Health at Work Report* found that, contrary to popular belief, mental health symptoms are equally prevalent across seniority levels within companies, from individual contributors to the C-level.<sup>1</sup>

There are many factors in the workplace that have a unique and independent impact on the mental health of employees and are the root cause of burnout.<sup>2</sup> As an SMB leader, you are as prone to the impact the workplace can have on mental health as any other employee.

Self-care is one of the components of mental health care. Creating a self-care plan as a business leader is a proactive way to support your mental health and combat workplace factors that could ultimately lead to burnout. Complete the following activity to help you identify your common stressors at work and create a plan to manage them.

## MIND SHARE PARTNERS SELF-CARE ACTION PLAN

**What are your common stressors at work?**

(Examples: End-of-month deadlines, taking on too much work, working long hours)

---

---

---

---

---

---

---

---

---

---

---

---

**What were the early signs indicating that you were struggling? Think about specific times. "I should proactively care for my mental health when I notice \_\_\_\_."**

*(Examples: I start feeling overwhelmed; I feel guilt when thinking about delegating work to my team; it becomes difficult to wake up in the morning)*

---

---

---

---

**What would have been helpful in that moment, and what proactive strategies could be implemented earlier that would help?**

Self-care strategy	Proactive or reactive	Solution or relief
(Example: Take a mental health day)	Reactive	Relief
(Example: Delegate work outside your expertise)	Proactive	Solution

Sources mentioned:

1. [mindsharepartners.org/mentalhealthatworkreport](http://mindsharepartners.org/mentalhealthatworkreport)

2. [bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4153-7](http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4153-7)

# WEEKLY PLANNER

Date

Monday	Tuesday

- ★ \_\_\_\_\_ ★ \_\_\_\_\_  
★ \_\_\_\_\_ ★ \_\_\_\_\_

Wednesday	Thursday	Friday

- ★ \_\_\_\_\_ ★ \_\_\_\_\_ ★ \_\_\_\_\_  
★ \_\_\_\_\_ ★ \_\_\_\_\_

Saturday	Sunday

- ★ \_\_\_\_\_ ★ \_\_\_\_\_  
★ \_\_\_\_\_ ★ \_\_\_\_\_

Notes

# Weekly planner

WEEK: \_\_\_\_\_ MONTH: \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## WEEK'S MAIN EVENTS

## WEEK'S MUST DO'S

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Habit Tracker

M T W T F S S



## Quote of the week

# weekly overview

DATE \_\_\_\_\_

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY		

# Weekly Planner

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Notes

# Weekly Budget Planner

DATE \_\_\_\_\_

DESCRIPTION



AMOUNT



MONDAY

---

---

TUESDAY

---

---

WEDNESDAY

---

---

THURSDAY

---

---

FRIDAY

---

---

SATURDAY

---

---

SUNDAY

---

---

TOTAL

---





Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

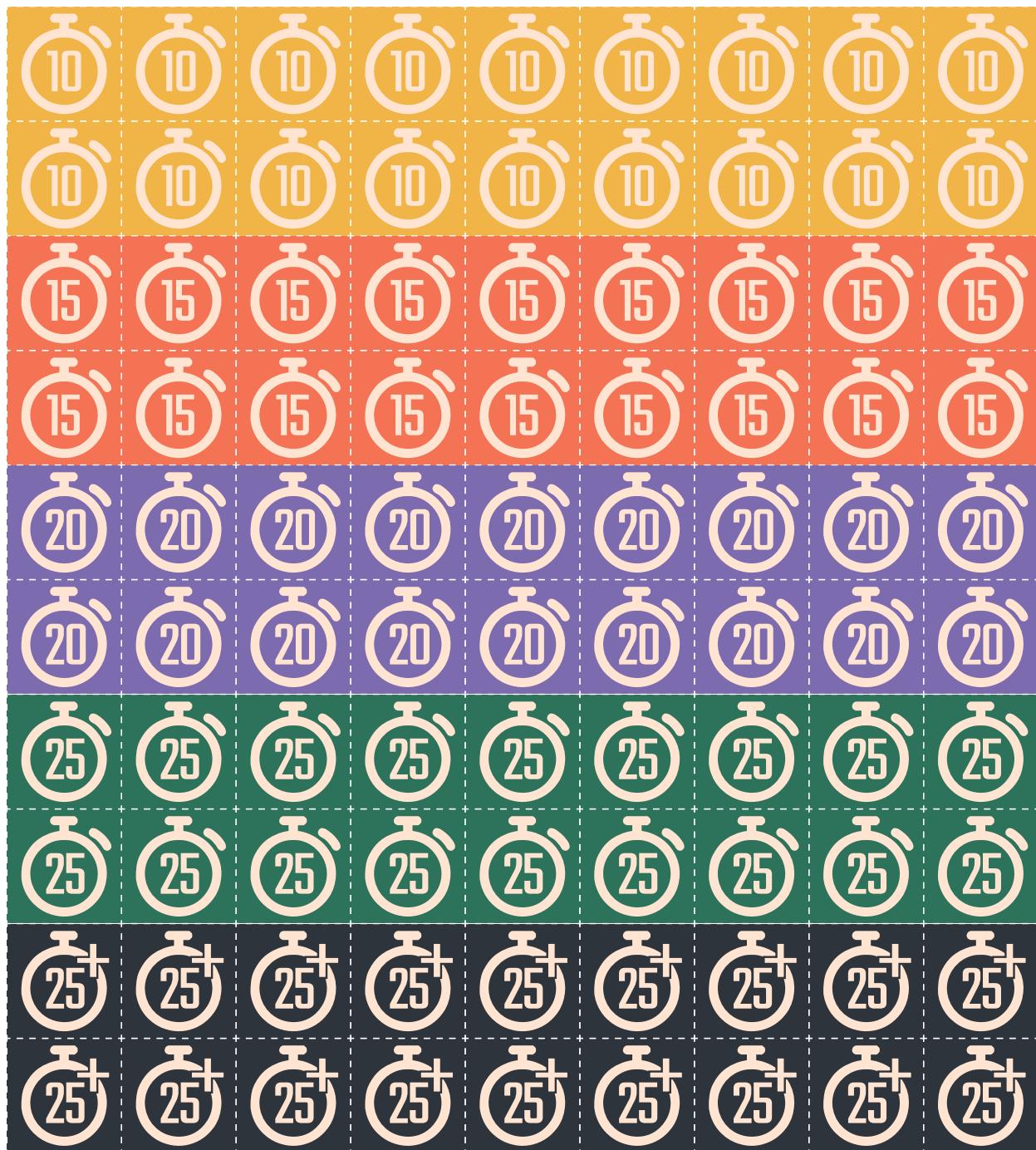


Date:

# WORKOUT SCHEDULE



# DURATION STICKERS



# WORKOUT SCHEDULE

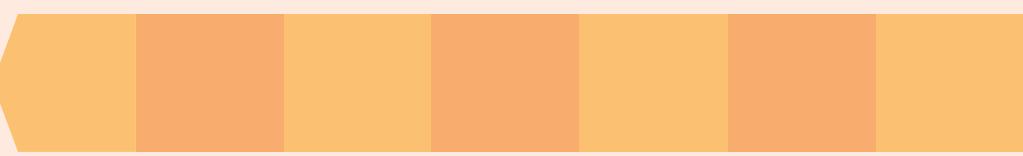
MON TUE WED THU FRI SAT SUN



Healthy meal



Cardio



Light workout



Yoga



GOALS :

---

---

---

# Yearly OVERVIEW

CATEGORY:

MONTHLY BUDGET:

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec