

Planning for Success

Journaling Cards

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Power Hour Checklist

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Weekly Meal Plan

Dinners

Mon _____

Tue _____

Wed _____

Thr _____

Fri _____

Sat _____

Sun _____

Grocery List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MY ROUTINE

| | | |
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Weekly Tracker

| | | | | | | | |
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Print at 100% scale onto cardstock. 65lb cardstock or greater preferred!