

**weekly life planner**

		breakfast	snack	lunch	snack	dinner
monday	activity:					
	food:					
	prepare:					
tuesday	activity:					
	food:					
	prepare:					
wednesday	activity:					
	food:					
	prepare:					
thursday	activity:					
	food:					
	prepare:					
friday	activity:					
	food:					
	prepare:					
saturday	activity:					
	food:					
	prepare:					
sunday	activity:					
	food:					
	prepare:					