



2018 PLANNER

*the sun will rise and
we will try again*

goals

[illegible][illegible][illegible][illegible][illegible][illegible]

meals

[illegible]

January

WEEK 1

shopping

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

7

January

WEEK 2

shopping

MONDAY

8

TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

14

January

WEEK 3

shopping

MONDAY

15

TUESDAY

16

WEDNESDAY

17

THURSDAY

18

FRIDAY

19

SATURDAY

20

SUNDAY

21

Handwriting practice lines for the shopping list.

January

WEEK 4

shopping

MONDAY

22

TUESDAY

23

WEDNESDAY

24

THURSDAY

25

FRIDAY

26

SATURDAY

27

SUNDAY

28

January

WEEK 5

shopping

MONDAY

29

TUESDAY

30

WEDNESDAY

31

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

February

WEEK 6

shopping

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

February

WEEK 7

shopping

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

February

WEEK 8

shopping

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

February

WEEK 9

shopping

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

March

WEEK 10

shopping

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

March

WEEK 11

shopping

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

March

WEEK 12

shopping

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

March

WEEK 13

shopping

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

SATURDAY

31

SUNDAY

1

April

WEEK 14

shopping

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

8

April

WEEK 15

shopping

MONDAY

9

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

FRIDAY

13

SATURDAY

14

SUNDAY

15

April

WEEK 16

shopping

MONDAY

16

TUESDAY

17

WEDNESDAY

18

THURSDAY

19

FRIDAY

20

SATURDAY

21

SUNDAY

22

April

WEEK 17

shopping

MONDAY

23

TUESDAY

24

WEDNESDAY

25

THURSDAY

26

FRIDAY

27

SATURDAY

28

SUNDAY

29

April

WEEK 18

shopping

MONDAY

30

TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

SATURDAY

5

SUNDAY

6

May

WEEK 19

shopping

MONDAY

7

TUESDAY

8

WEDNESDAY

9

THURSDAY

10

FRIDAY

11

SATURDAY

12

SUNDAY

13

May

WEEK 20

shopping

MONDAY

14

TUESDAY

15

WEDNESDAY

16

THURSDAY

17

FRIDAY

18

SATURDAY

19

SUNDAY

20

May

WEEK 21

shopping

MONDAY

21

TUESDAY

22

WEDNESDAY

23

THURSDAY

24

FRIDAY

25

SATURDAY

26

SUNDAY

27

May

WEEK 22

shopping

MONDAY

28

TUESDAY

29

WEDNESDAY

30

THURSDAY

31

FRIDAY

1

SATURDAY

2

SUNDAY

3

June

WEEK 23

shopping

MONDAY

4

TUESDAY

5

WEDNESDAY

6

THURSDAY

7

FRIDAY

8

SATURDAY

9

SUNDAY

10

June

WEEK 24

shopping

MONDAY

11

TUESDAY

12

WEDNESDAY

13

THURSDAY

14

FRIDAY

15

SATURDAY

16

SUNDAY

17

June

WEEK 25

shopping

MONDAY

18

TUESDAY

19

WEDNESDAY

20

THURSDAY

21

FRIDAY

22

SATURDAY

23

SUNDAY

24

June

WEEK 26

shopping

MONDAY

25

TUESDAY

26

WEDNESDAY

27

THURSDAY

28

FRIDAY

29

SATURDAY

30

SUNDAY

1

July

WEEK 27

shopping

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

8

July

WEEK 28

shopping

MONDAY

9

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

FRIDAY

13

SATURDAY

14

SUNDAY

15

July

WEEK 29

shopping

MONDAY

16

TUESDAY

17

WEDNESDAY

18

THURSDAY

19

FRIDAY

20

SATURDAY

21

SUNDAY

22

July

WEEK 30

shopping

MONDAY

23

TUESDAY

24

WEDNESDAY

25

THURSDAY

26

FRIDAY

27

SATURDAY

28

SUNDAY

29

July

WEEK 31

shopping

MONDAY

30

TUESDAY

31

WEDNESDAY

1

THURSDAY

2

FRIDAY

3

SATURDAY

4

SUNDAY

5

August

WEEK 32

shopping

MONDAY

6

TUESDAY

7

WEDNESDAY

8

THURSDAY

9

FRIDAY

10

SATURDAY

11

SUNDAY

12

August

WEEK 33

shopping

MONDAY

13

TUESDAY

14

WEDNESDAY

15

THURSDAY

16

FRIDAY

17

SATURDAY

18

SUNDAY

19

August

WEEK 34

shopping

MONDAY

20

TUESDAY

21

WEDNESDAY

22

THURSDAY

23

FRIDAY

24

SATURDAY

25

SUNDAY

26

August

WEEK 35

shopping

MONDAY

27

TUESDAY

28

WEDNESDAY

29

THURSDAY

30

FRIDAY

31

SATURDAY

1

SUNDAY

2

September

WEEK 36

shopping

MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

9

September

WEEK 37

shopping

MONDAY

10

TUESDAY

11

WEDNESDAY

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

16

September

WEEK 38

shopping

MONDAY

17

TUESDAY

18

WEDNESDAY

19

THURSDAY

20

FRIDAY

21

SATURDAY

22

SUNDAY

23

September

WEEK 39

shopping

MONDAY

24

TUESDAY

25

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

SATURDAY

29

SUNDAY

30

October

WEEK 40

shopping

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

7

October

WEEK 41

shopping

MONDAY

8

TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

14

October

WEEK 42

shopping

MONDAY

15

TUESDAY

16

WEDNESDAY

17

THURSDAY

18

FRIDAY

19

SATURDAY

20

SUNDAY

21

October

WEEK 43

shopping

MONDAY

22

TUESDAY

23

WEDNESDAY

24

THURSDAY

25

FRIDAY

26

SATURDAY

27

SUNDAY

28

October

WEEK 44

shopping

MONDAY

29

TUESDAY

30

WEDNESDAY

31

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

November

WEEK 45

shopping

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

November

WEEK 46

shopping

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

November

WEEK 47

shopping

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

November

WEEK 48

shopping

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

SATURDAY

1

SUNDAY

2

December

WEEK 49

shopping

MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

9

December

WEEK 50

shopping

MONDAY

10

TUESDAY

11

WEDNESDAY

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

16

December

WEEK 51

shopping

MONDAY

17

TUESDAY

18

WEDNESDAY

19

THURSDAY

20

FRIDAY

21

SATURDAY

22

SUNDAY

23

December

WEEK 52

shopping

MONDAY

24

TUESDAY

25

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

SATURDAY

29

SUNDAY

30