

Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00:00							
07:00:00							
08:00:00							
09:00:00							
10:00:00							
11:00:00							
12:00:00							
13:00:00							
14:00:00							
15:00:00							
16:00:00							
17:00:00							
18:00:00							
19:00:00							
20:00:00							
21:00:00							

Where do you fit in the following....

Financial/Career; PhysicalHealth; MentalHealth; Family; Friends; Community; Social;
Educational; Fun; Spiritual/Faith

Adapt Consulting Company

Here is an example

Financial/Career
 PhysicalHealth
 MentalHealth
 Family
 Friends
 Community
 Social
 Educational
 Fun
 Spiritual/Faith

PLANNER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Sport		Sport		Sport	Sport
Morning	Work	Work	Work	Work	Work	Sport	Sport
Late Morning	Work	Work	Work	Work	Work	Family	Family
Early Afternoon	Work	Work	Work	Work	Work	Family	Family
Afternoon	Work	Work	Work	Work	Work	Family	Family
Late Afternoon	Family	Family	Family	Family	Family	Family	Family
Early Evening							
Evening	Study		Study		Study		
Late Evening	Reading	Meditation	Reading	Meditation	Reading	Meditation	Reading