

Weekly planner

Week of _____

Plan each day, then write what really happened beside it.

Three priorities for the week

1. _____
2. _____
3. _____

Day	Plan	What really happened
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Hours this week

Target beside real. A week has 168 hours.

	Target	Real		Target	Real
Work or study	_____ h	_____ h	Phone and screens	_____ h	_____ h
Sleep	_____ h	_____ h	Reading or learning	_____ h	_____ h
Exercise	_____ h	_____ h	Other	_____ h	_____ h
People	_____ h	_____ h	Unaccounted	_____ h	_____ h