

# {the plan}

my prayer for today:

---

weekly scripture:

---

---

quiet time thoughts:

---

---

five goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

household chores:

---

---

---

meals:

b: \_\_\_\_\_

l : \_\_\_\_\_

d: \_\_\_\_\_

date: \_\_\_\_\_

## {the schedule}

7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	

love:

---