



October

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

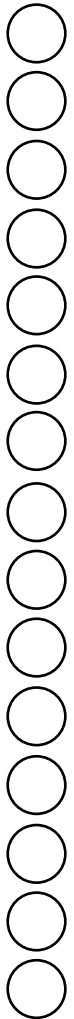
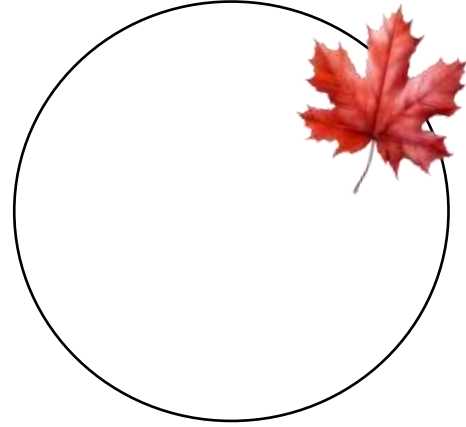
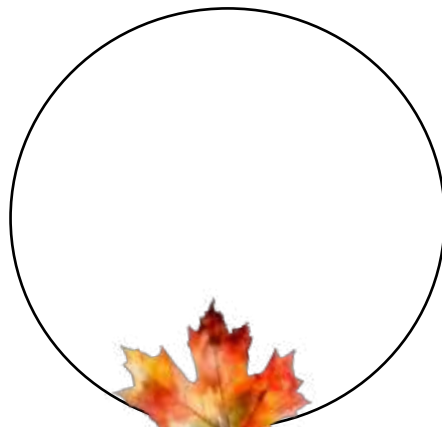
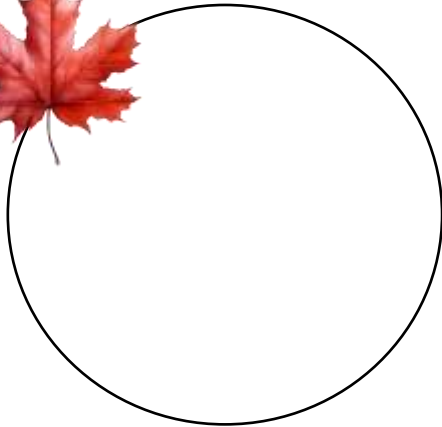
October Goals of the Month

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

#1

#2

#3







NOTES:





October Weekly Planner



SUNDAY 	MONDAY	TUESDAY	WEDNESDAY 
THURSDAY	FRIDAY 	SATURDAY	NOTES 

TO DO

week of





October Daily Planner



MY TOP GOALS FOR TODAY

DATE:

7:00 AM – 9:00 PM

CALLS – MEETINGS -
APPOINTMENTS

NOTES:



October Weekly Meal Plan

FOR WEEK OF



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

October Grocery List



FRUITS/VEGETABLES	BREAD/BAKERY	BREAKFAST/CEREAL
DAIRY	REFRIGERATED	FROZEN
MEAT/SEAFOOD	SNACKS	CANNED GOODS/ CONDIMENTS
DRINKS	MISCELLEANOUS	