



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

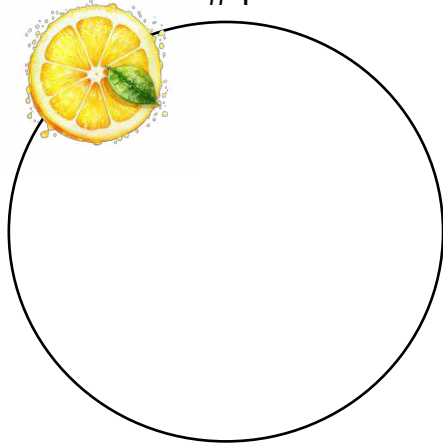
FRIDAY

SATURDAY

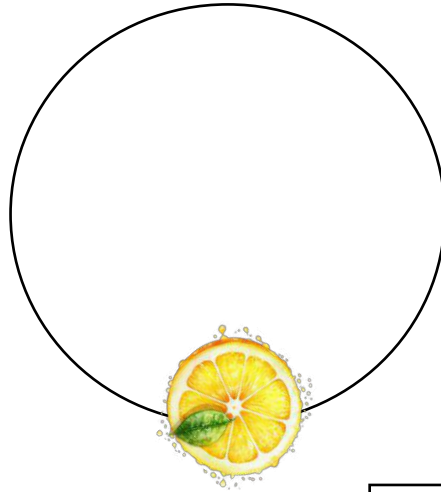
July Monthly Goals

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

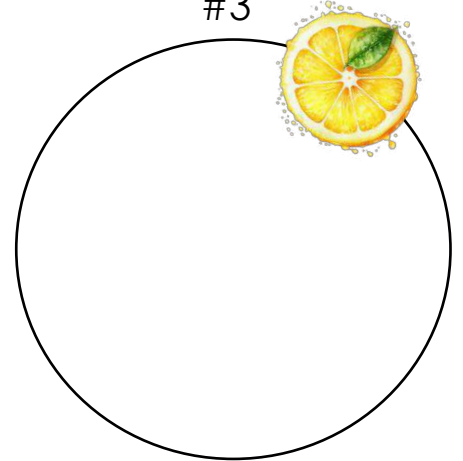
#1



#2



#3



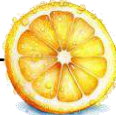


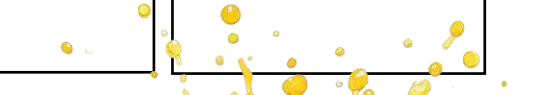


A vertical column of 15 small empty circles on the left side, each followed by a horizontal line extending to the right, providing a space for writing goals.

NOTES:

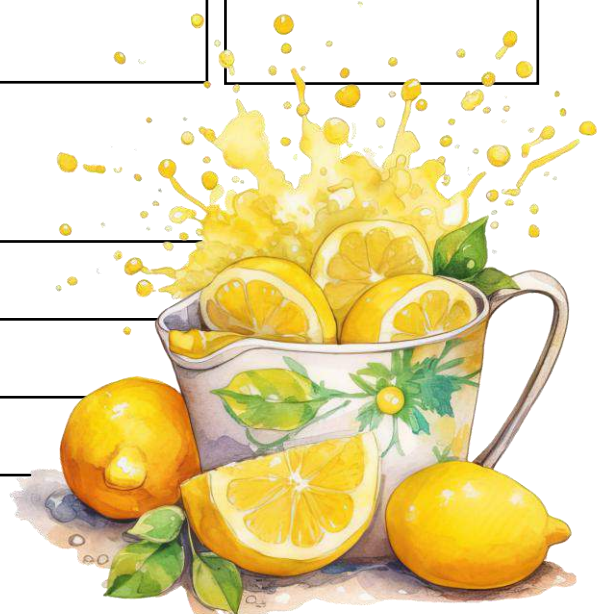


July Weekly Planner

SUNDAY 	MONDAY 	TUESDAY	WEDNESDAY 
THURSDAY	FRIDAY 	SATURDAY	NOTES  

TO DO

week of



July Daily Planner

MY TOP GOALS FOR TODAY

DATE:

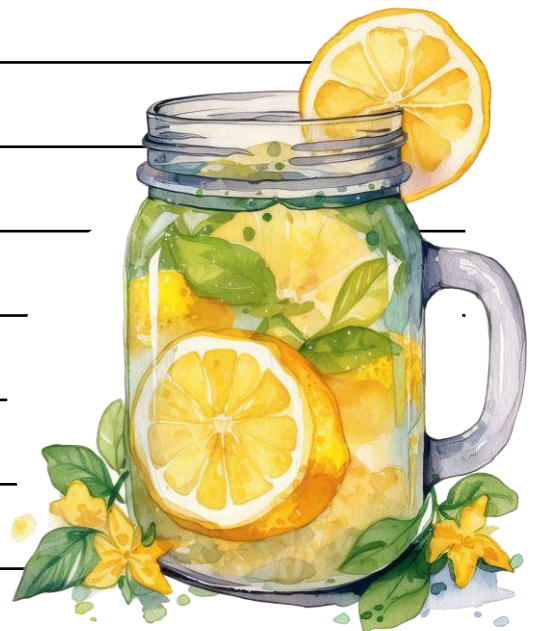
7:00 AM – 9:00 PM

CALLS – MEETINGS -
APPOINTMENTS

NOTES:



July Notes





July Weekly Meal Plan

FOR WEEK OF



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

July Grocery List



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

July Important Dates



JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

