

A week on the page

Illustration only. This is an example of planning, not a prescribed exercise or meal plan.

The week

A woman with a full workweek wants movement and less last-minute dinner scrambling. Her Wednesday evening is unavailable. She chooses a familiar class rather than designing a new workout.

Monday

6:00 pm Familiar strength class

If work runs late Move the class to Saturday

Tuesday

Pack tomorrow's lunch after dinner

If plans change Choose lunch before bed

Thursday

6:15 pm A familiar walk

If the evening fills Choose another suitable slot

Sunday

Check the pantry and plan two dinners

If time is short Choose just Monday's dinner

The review

What happened The class moved to Saturday. Lunch planning happened twice.

What stays Choosing lunch after dinner.

What changes Book the next class before the week begins.

Week 1 schedule

Choose a plan small enough to try.

Week beginning

One priority for this week

DAY	MY CHOSEN ACTION AND TIME	DONE
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Saturday		☐
Sunday		☐

If the week changes my smaller plan is

Leave days blank when that fits. A checked box records your chosen action; it is not a health score. Move an action to a new slot instead of squeezing it into a day that no longer works.

Week 1 meals and groceries

Plan a few meals you will use. Choose the level of detail that helps you.

Meal 1 and when I will use it

Already at home

Ingredients to get

Meal 2 and when I will use it

Already at home

Ingredients to get

Meal 3 and when I will use it

Already at home

Ingredients to get

Shopping day or order time

My grocery budget for this plan

My convenient backup meal

Repeat meals if you want. There is no requirement to buy special products, change your cultural foods, or finish every box.