

# WEEKLY HEALTH PLANNER

<b>Date:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Commitments</b> (Work, Events)							
<b>Exercise</b> (time of day, activity/class)							
<b>Meal Plan:</b> Breakfast							
<b>Meal Plan:</b> Lunch							
<b>Meal Plan:</b> Dinner							