

Weekly Plan

Week starting:

#1 GOAL:



REGULAR WEEKLY TASKS

(Schedule them in)

	Done
1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>
4.	<input type="checkbox"/>
5.	<input type="checkbox"/>
6.	<input type="checkbox"/>
7.	<input type="checkbox"/>

PRIORITIES (Do these 1st)

	Done
1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>
4.	<input type="checkbox"/>
5.	<input type="checkbox"/>

CONTENT & SM THEME

Theme:

Daily Group Posting:

Notes:

WEEKLY PLANNING

- Block out family time/ me time (exercise, self care)
- Block out time for daily social media
- Block out appointments
- Block out time for email management
- Block out time for content creation
- Block out time for

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm



Schedule

8.00

9.00

10.00

11.00

12.00

1.00

2.00

3.00

4.00

5.00

Priorities: Verb & Specific Task Est. Time

1.

2.

3.

4.

5.

6.

Other Things to do



Schedule

8.00

9.00

10.00

11.00

12.00

1.00

2.00

3.00

4.00

5.00

Priorities: Verb & Specific Task Est. Time

1.

2.

3.

4.

5.

6.

Other Things to do

