

# 2018 PLANNER

*the sun will rise and  
we will try again*

# goals

meals

# January

## WEEK 1

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

shopping

# January

## WEEK 2

MONDAY

8

TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

14

shopping

# January

## WEEK 3

MONDAY

15

TUESDAY

16

WEDNESDAY

17

THURSDAY

18

FRIDAY

19

SATURDAY

20

SUNDAY

21

shopping

# January

## WEEK 4

MONDAY

22

TUESDAY

23

WEDNESDAY

24

THURSDAY

25

FRIDAY

26

SATURDAY

27

SUNDAY

28

shopping

# January

## WEEK 5

MONDAY

29

TUESDAY

30

WEDNESDAY

31

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

shopping

# February

## WEEK 6

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

shopping

# February

## WEEK 7

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

shopping

# February

## WEEK 8

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

shopping

# February

## WEEK 9

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

shopping

# March

## WEEK 10

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

shopping

# March

## WEEK 11

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

shopping

# March

## WEEK 12

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

shopping

# March

## WEEK 13

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

SATURDAY

31

SUNDAY

1

shopping

April

WEEK 14

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

8

shopping

April

WEEK 15

MONDAY

9

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

FRIDAY

13

SATURDAY

14

SUNDAY

15

shopping

April

WEEK 16

MONDAY

16

TUESDAY

17

WEDNESDAY

18

THURSDAY

19

FRIDAY

20

SATURDAY

21

SUNDAY

22

shopping

April

WEEK 17

MONDAY

23

TUESDAY

24

WEDNESDAY

25

THURSDAY

26

FRIDAY

27

SATURDAY

28

SUNDAY

29

shopping

April

WEEK 18

MONDAY

30

TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

SATURDAY

5

SUNDAY

shopping

*Mary*

WEEK 19

MONDAY

7

TUESDAY

8

WEDNESDAY

9

THURSDAY

10

FRIDAY

11

SATURDAY

12

SUNDAY

13

*shopping*

*May*

WEEK 20

MONDAY

14

TUESDAY

15

WEDNESDAY

16

THURSDAY

17

FRIDAY

18

SATURDAY

19

SUNDAY

20

*shopping*

*May*

WEEK 21

MONDAY

21

TUESDAY

22

WEDNESDAY

23

THURSDAY

24

FRIDAY

25

SATURDAY

26

SUNDAY

27

*shopping*

*May*

WEEK 22

MONDAY

28

TUESDAY

29

WEDNESDAY

30

THURSDAY

31

FRIDAY

1

SATURDAY

2

SUNDAY

3

*shopping*

June

WEEK 23

MONDAY

4

TUESDAY

5

WEDNESDAY

6

THURSDAY

7

FRIDAY

8

SATURDAY

9

SUNDAY

10

shopping

June

WEEK 24

MONDAY

11

TUESDAY

12

WEDNESDAY

13

THURSDAY

14

FRIDAY

15

SATURDAY

16

SUNDAY

17

shopping

June

WEEK 25

MONDAY

18

TUESDAY

19

WEDNESDAY

20

THURSDAY

21

FRIDAY

22

SATURDAY

23

SUNDAY

24

shopping

June

WEEK 26

MONDAY

25

TUESDAY

26

WEDNESDAY

27

THURSDAY

28

FRIDAY

29

SATURDAY

30

SUNDAY

1

shopping

# July

## WEEK 27

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

8

shopping

# July

## WEEK 28

MONDAY

9

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

FRIDAY

13

SATURDAY

14

SUNDAY

15

shopping

# July

## WEEK 29

MONDAY

16

TUESDAY

17

WEDNESDAY

18

THURSDAY

19

FRIDAY

20

SATURDAY

21

SUNDAY

22

shopping

# July

## WEEK 30

MONDAY

23

TUESDAY

24

WEDNESDAY

25

THURSDAY

26

FRIDAY

27

SATURDAY

28

SUNDAY

29

shopping

# July

## WEEK 31

MONDAY

30

TUESDAY

31

WEDNESDAY

1

THURSDAY

2

FRIDAY

3

SATURDAY

4

SUNDAY

shopping

# August

## WEEK 32

MONDAY

6

TUESDAY

7

WEDNESDAY

8

THURSDAY

9

FRIDAY

10

SATURDAY

11

SUNDAY

12

shopping

# August

## WEEK 33

MONDAY

13

TUESDAY

14

WEDNESDAY

15

THURSDAY

16

FRIDAY

17

SATURDAY

18

SUNDAY

19

shopping

# August

## WEEK 34

MONDAY

20

TUESDAY

21

WEDNESDAY

22

THURSDAY

23

FRIDAY

24

SATURDAY

25

SUNDAY

26

shopping

# August

## WEEK 35

MONDAY

27

TUESDAY

28

WEDNESDAY

29

THURSDAY

30

FRIDAY

31

SATURDAY

1

SUNDAY

2

shopping

# September

## WEEK 36

MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

9

shopping

# September

## WEEK 37

MONDAY

10

TUESDAY

11

WEDNESDAY

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

16

shopping

September

WEEK 38

MONDAY

17

TUESDAY

18

WEDNESDAY

19

THURSDAY

20

FRIDAY

21

SATURDAY

22

SUNDAY

23

shopping

# September

## WEEK 39

MONDAY

24

TUESDAY

25

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

SATURDAY

29

SUNDAY

30

shopping

# October

## WEEK 40

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

shopping

October

WEEK 41

MONDAY

8

TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

14

shopping

October

WEEK 42

MONDAY

15

TUESDAY

16

WEDNESDAY

17

THURSDAY

18

FRIDAY

19

SATURDAY

20

SUNDAY

21

shopping

October

WEEK 43

MONDAY

22

TUESDAY

23

WEDNESDAY

24

THURSDAY

25

FRIDAY

26

SATURDAY

27

SUNDAY

28

shopping

October

WEEK 44

MONDAY

29

TUESDAY

30

WEDNESDAY

31

THURSDAY

1

FRIDAY

2

SATURDAY

3

SUNDAY

4

shopping

November

WEEK 45

MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

FRIDAY

9

SATURDAY

10

SUNDAY

11

shopping

November

WEEK 46

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

18

shopping

*November*

WEEK 47

MONDAY

19

TUESDAY

20

WEDNESDAY

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

25

*shopping*

November

WEEK 48

MONDAY

26

TUESDAY

27

WEDNESDAY

28

THURSDAY

29

FRIDAY

30

SATURDAY

1

SUNDAY

2

shopping

# December

## WEEK 49

MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

shopping

# December

## WEEK 50

MONDAY

10

TUESDAY

11

WEDNESDAY

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

16

shopping

# December

## WEEK 51

MONDAY

17

TUESDAY

18

WEDNESDAY

19

THURSDAY

20

FRIDAY

21

SATURDAY

22

SUNDAY

23

shopping

# December

## WEEK 52

MONDAY

24

TUESDAY

25

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

SATURDAY

29

SUNDAY

30

shopping