

# Planning your week

Each Sunday or Monday make plans and go through if you have any appointments or meetings



Go through your finances before the start of the week ahead what is coming out of your bank and things you need to pay for each week



Get your clothes you want to wear out for the week and somewhere so you can grab them and put them on as soon as you get up, made your bed and have your bath and shower the night before



TV you plan to watch each week and put them into your planner and set reminders, on your TV screen



Plan your workouts and do a meal plan to make sure all your food for the week gets eaten and reduce waste, and prep the meals your going to have in the week

