

Plan for the Week

Example:

I will _____ *walk* _____ (Do what?)
_____ *2 blocks* _____ (How much?)
_____ *before breakfast* _____ (When?)

Monday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Tuesday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Wednesday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Thursday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Friday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Saturday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)

Sunday

I will _____ (Do what?)
_____ (How much?)
_____ (When?)