Week of: _____

Weekly life planner

Work, projects, habits, routines, workouts and chores in one week.

Set time after fixed commitments and rest. Estimates guide your choices.

This week's focus: _____

Review on: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Available: _____ min	Available: _____ min	Available: _____ min	Available: _____ min	Available: _____ min	Available: _____ min	Available: _____ min
Plan **Min**	**Plan** **Min**	**Plan** **Min**	**Plan** **Min**	**Plan** **Min**	**Plan** **Min**	**Plan** **Min**
Planned: _____ min	Planned: _____ min	Planned: _____ min	Planned: _____ min	Planned: _____ min	Planned: _____ min	Planned: _____ min

Later Ideas and next steps you are not putting into this week

Kinds: Task | Project | Habit | Routine | Workout | Chore

A blank sheet for your own notes. Use the online planner for editable estimates and a CSV download.