

My Weekly Planning Checklist

BY HAPPY-GO-HANGRY

MEAL PREP

- Grocery Shopping
- Are my food containers clean and ready?
- Playlist to cook and dance to.

OUTFIT PREP

- Laundry
- Check the weather forecast
- Work Outfits
- Gym Outfits
- Double-check socks

PLANNING PALOOZA

- Obtain any pens or sticky notes for color-coding
- Do I have any appointments coming up?
- Write down my workouts and rest days/activities.
- Is my social calendar OK? Add anything or take anything out?
- Pat myself on the back 😊