M	T	W	T	F	S	S

THIS WEEK

TO BUY

TO DO

MONDAY

TUESDAY

WEDNESDAY

ae • elizen

	THURSDAY	

	FRIDAY	

	SATURDAY	

	SUNDAY	

EXPENSES
M
T
W
T
F
S
S
TOTAL

MEALS
M
T
W
T
F
S
S

NOTES

ae · eØizenn

S	M	T	W	T	F	S

THIS WEEK

TO BUY

TO DO

SUNDAY

MONDAY

TUESDAY

ae • elizen

	WEDNESDAY	

	THURSDAY	

	FRIDAY	

	SATURDAY	

EXPENSES
S
M
T
W
T
F
S
TOTAL

MEALS
S
M
T
W
T
F
S

NOTES

ae · elizenn