



Planned Pretty.com
Monthly Calendar with Daily Planner Pages

Printing instructions:

Print the entire document (including cover) on both sides, flip on long edge

Lori
Lori@PlannedPretty.com

Month / Year:

Sun	Mon	Tues	Wed
—	—	—	—
—	—	—	—
—	—	—	—
—	—	—	—
—	—	—	—
—	—	—	—

Goals for the month:

Thurs	Fri	Sat	To Do's

Notes:

Today is: _____

The most important thing for today is:

My promise to myself today:

Today we eat:

Breakfast

Lunch

Dinner

Snack

Clean This Today:

Don't Forget This:

Get plenty of fluids:



Get moving today!



Call / Email / Text:

Notes:

Today is: _____

The most important thing for today is:

My promise to myself today:

Today we eat:

Breakfast

Lunch

Dinner

Snack

Clean This Today:

Don't Forget This:

Get plenty of fluids:



Get moving today!

15

30

60

Call / Email / Text:

Notes:

Today is: _____

The most important thing for today is:

My promise to myself today:

Today we eat:

Breakfast

Lunch

Dinner

Snack

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