Weekly Planner

My Intention(s): _____

Early warning signs: _____

Plan of action: _____

Monday
UT:

Tuesday
UT:

Wednesday
UT:

Thursday
UT:

Habit Tracker

	M	T	W	T	F	S	S
> hrs of sleep							
meals a day							
Exercise							

Friday
UT:

Saturday
UT:

Sunday
UT:

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Always remember to BKTY (be kind to yourself)!

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Plan Worksheet

Get all the tasks down on paper.

b) Prioritize (e.g., due dates, completion %, grade allocations, etc.)

c) List of pleasurable activities!

a) Break down larger tasks further.

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