

# MONTHLY

MON	TUE	THD	FRI	SAT	SUN
		1	2	4	5
5	6	8	9	10	11
2	7	15	16	17	18
15	15	16	20	21	22
22	22	23	24	26	27
29	29	30			

JAN

MP

MI

FRI

JMY

MAY

JUT

JUY

ANBFT

DEC

ADEP

DEC

GRATITUDE CORNER

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# OCTOBER

## 2024

Monday	Tuesday	Tuesday	Thursday	Friday
			1	2
4	5	6	8	7
8	9	10	12	13
15	16	17	19	21
24	25	24	25	20

**Gratitude Corner**

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- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- JUL
- SEP
- AUG
- OCT
- NOV
- DEC

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>SAT</b>	<b>SUN</b>	<b>FOCUS OF THE WEEK</b>
<b>D</b>							
<b>W</b>							
<b>M</b>							
<b>M</b>							
<b>Y</b>							
<b>G</b>							



MONDAY	TUESDAY	WEDNESECY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>GROCERY STAPLES</b> _____ _____ _____ _____ _____ _____
Breakfast	Lunch	Lunch	Lunch	Lunch	Dinner	
Dinner	Dinner	Lunch	Dinner	Dinner	Dinner	

# WEEKLY MEAL PLANNER

MONDAY	TUESDAY	THURSDAY	FRIDAY	GROCERY STAPLES
Breakfast				<hr/> <hr/>
Lunch				<hr/> <hr/>
Dinch				<hr/> <hr/>
Dinner				<hr/> <hr/>
				<hr/> <hr/>