



I AM AN
Amazing
WOMAN

2021 PLANNER

2021

January

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES

JANUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 31	25	26	27	28	29	30	

TOP PRIORITY

DON'T FORGET

OTHERS

FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

TOP PRIORITY

DON'T FORGET

OTHERS

MARCH 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

TOP PRIORITY

DON'T FORGET

OTHERS

APRIL 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

TOP PRIORITY

DON'T FORGET

OTHERS

MAY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

							1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23/30	24/31	25	26	27	28	29	29

TOP PRIORITY

DON'T FORGET

OTHERS

JUNE 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

TOP PRIORITY

DON'T FORGET

OTHERS

JULY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

TOP PRIORITY

DON'T FORGET

OTHERS

AUGUST 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TOP PRIORITY

DON'T FORGET

OTHERS

SEPTEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

TOP PRIORITY

DON'T FORGET

OTHERS

OCTOBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24/ 31	25	26	27	28	29	30	

TOP PRIORITY

DON'T FORGET

OTHERS

NOVEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TOP PRIORITY

DON'T FORGET

OTHERS

DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TOP PRIORITY

DON'T FORGET

OTHERS

Monthly Goals

WEEK 1

WEEK 2

January

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

WEEK 2

February

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

WEEK 2

March

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

April

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

May

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

June

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

July

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

WEEK 2

August

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

September

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

October

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

WEEK 2

November

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

WEEK 3

WEEK 4

WEEK 5

NOTES

Monthly Goals

WEEK 1

WEEK 2

December

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WEEK 3

WEEK 4

WEEK 5

NOTES

Weekly Tasks

WEEK:
MONTH:

NOTES

OTHERS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Grocery List

GROCERY BUDGET:

SNACKS & BEVERAGES

CANNED | FROZEN

MEAT | POULTRY | FISH

PRODUCE

DAIRY | CHEESE | EGG

BREAD | PASTA | GRAINS

NON-FOOD ITEMS

NOTES

Weekly Meal Plan

Monday

BREAKFAST

LUNCH

DINNER

Notes

Tuesday

BREAKFAST

LUNCH

DINNER

Wednesday

BREAKFAST

LUNCH

DINNER

Thursday

BREAKFAST

LUNCH

DINNER

Friday

BREAKFAST

LUNCH

DINNER

Saturday

BREAKFAST

LUNCH

DINNER

Notes

Sunday

BREAKFAST

LUNCH

DINNER

My Day

DATE:

TOP PRIORITY

MENU PLAN

BREAKFAST

LUNCH

DINNER

SELF-CARE MUST -DO

APPOINTMENTS/EVENTS

5:00 - 6:00 AM

6:00 - 7:00

7:00 - 8:00

8:00 - 9:00

9:00 - 10:00

10:00 - 11:00

11:00 - 12:00

12:00 - 1:00 PM

1:00 - 2:00

2:00 - 3:00

3:00 - 4:00

4:00 - 5:00

5:00 - 6:00

6:00 - 7:00

7:00 - 8:00

8:00 - 9:00

9:00 - 10:00

10:00 - 11:00

11:00 - 12:00

NOTES
