



Mother Jai's Wellness
Jennifer Lawson, BS, IAC, CGFI

PO Box 1975
Arvada, CO 80001

VM/TXT 720-336-1413
wellness@motherjai.com

WEEKLY PLANNER

DAY	TO DO'S
MONDAY	
TUESDAY	
WEDNESDAY	

SUNDAY	
SATURDAY	
FRIDAY	
THURSDAY	



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DAILY PLANNER

TIME	ACTIVITY/APPOINTMENT
4AM	
5AM	
6AM	
7AM	
9AM	
10AM	
11AM	
12PM	
1PM	
2PM	
3PM	
4PM	
5PM	
6PM	
7PM	
8PM	
9PM	



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MONTHLY PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SAT/SUN					