

What A Week!

Goals

- Financial- Have a no-spend week
 - Make meals with ingredients from fridge and pantry
 - Stay away from Amazon
- Health- Move!
 - Take a walk at least five days
 - Work out with weight 3X
- Social/Relationship- Go out on the weekend
 - Make plans with friends

Inspirational Quote:

She designed
the life she
loved.

All The Things

- ❖ Monday- Work on wedding photobook, walk
- ❖ Tuesday- Work on August budget, walk
- ❖ Wednesday- Transfer Clay's rent \$, work on August in planner walk
- ❖ Thursday- Dentist 5:20, work on blog
- ❖ Friday- Shannon and PJ here!
- ❖ Saturday- Walk, work on blog, go out and have some fun!
- ❖ Sunday- Hello, August! Grocery shop

Snack and Meal Ideas

Chicken Tator Tot Casserole

Scrambled eggs, cheese, and waffles

Turkey and cheddar cheese sausage

Ways to Celebrate ME!

- Facial masks
- Sleep late on the weekend

Notes for Next Week

Submit wedding photobook