

MONTHLY PLANNER

Keep visual track of your month and use this section to plan the month and write key dates, birthdays and any appointments you may have.

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						01 REST Meal prep
02 GYM Study sesh	03 GYM Research what to do in Hawaii	04 free time	05 GYM Samantha's birthday	06 WALK Samantha's party	07 Brunch with the gals	08 Meal prep
09 GYM Study sesh with Sarah	10 Cancel gym sesh for study group	11 night run	12 Hawaii planning	13 WALK	14 Dinner with my parents!	15 REST Meal prep
16 Study at Sarah's	17 Finalise itinerary GYM	18 Run with Sarah	19 GYM	20 Friday night out!!	21 WALK	22 free time
23 GYM	24 Morning run	25 important lecture	26 WALK	27 GYM	28 Pack for Hawaii!!!	29 Bike ride at the park! *bring helmet*
30 HAWAII Leave at 6am	31 RUN Brunch with Lana					

JANUARY GOALS

1. Lose first few kgs

2. 5k PB

3. drink 3L water a day

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THINGS TO DO

1. Buy 1L bottle

2. wireless headphones

3. gym 4-5 days a week

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NOTES

SAVE FOR HAWAII

Buy a gift for Samantha - ideas: water bottle, backpack, candles

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MiGOALS 2023 DIARY

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