BLOCK PLANNING

Select a topic and use the document below for planning your week.

Organizing Your Exercise
Organizing Your Schoolwork/Work
Organizing Your Meals
Organizing Your Chores
Organizing Your Home
Organizing Your Activities

ORGANIZING YOUR MEALS (EXAMPLE)

DAY	MEAL	INGREDIENTS
MONDAY **Mexican**	Shrimp Fajitas Guacamole Mango/Pineapple Salad	• Shrimp • Tortillas • Peppers and Onions • Avocados • Salsa • Chips
TUESDAY **American**		
WEDNESDAY **Leftovers**		
THURSDAY **Asian**		
FRIDAY **Italian**		
SATURDAY **Take Out**		
SUNDAY **Pizza**		

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ORGANIZING YOUR _____

DAY	TOPIC:	NOTES:
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		