



# Mother Gaia's Wellness

Your Guide through Change

[www.mothersgaias.com](http://www.mothersgaias.com)

[Wellness@MotherGaias.com](mailto:Wellness@MotherGaias.com)

720-939-2531

WEEK OF:

## WEEKLY PLANNER

DAY	TO DO'S
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



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[www.mothersgaiaswellness.com](http://www.mothersgaiaswellness.com)  
[GaiasWellness@gmail.com](mailto:GaiasWellness@gmail.com)  
720-460-9387

DATE:

## DAILY PLANNER

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



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Month of:

## MONTHLY PLANNER

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