MY WEEK, SORTED

For university, college or work: deadlines, money and looking after yourself, all on one page.

Name:

Date:

1 Deadlines this week

WHAT	DUE	FIRST SMALL STEP

2 My week

Mon	Tue	Wed	Thu	Fri	Sat	Sun

3 Money check

Payments or bills due:

This week my spending is...

- ☐ On track
- ☐ A bit over
- ☐ Need to look

4 Looking after me

- ☐ Slept enough most nights
- ☐ Moved my body
- ☐ Ate real meals
- ☐ Saw or called a friend
- ☐ Did something fun
- ☐

5 Top three for next week

1
2
3

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