

Your weekly strategy

Buttoned Up.™



buttoned up®

When life gets busy, real priorities often fall through the cracks. Improve your focus and productivity with this weekly strategy worksheet and shopping list.

week of:

monday	tuesday	wednesday	thursday	friday	saturday	sunday
priorities	priorities	priorities	priorities	priorities	priorities	priorities
•	•	•	•	•	•	•
•	•	•	•	•	•	•
•	•	•	•	•	•	•

master goal list

(Areas: home, work, finances, personal, health, recreation)

weekly goal list

shopping list

meat	dairy
produce	other