

Goal for this week

♡1週間目標♡

# Weekly schedule

| Day of the week<br>曜日 | TO DO リスト | Diary<br>日記<br>♪1日の気分を5段階で評価しましょう | schedule<br>予定 |
|-----------------------|-----------|-----------------------------------|----------------|
| Monday<br>( / )       |           |                                   |                |
| Tuesday<br>( / )      |           |                                   |                |
| Wednesday<br>( / )    |           |                                   |                |
| Thursday<br>( / )     |           |                                   |                |
| Friday<br>( / )       |           |                                   |                |
| Saturday<br>( / )     |           |                                   |                |
| Sunday<br>( / )       |           |                                   |                |

Looking back on the week

♡1週間の振り返り♡