

Weekly Planner

Week 29 • July 13–19, 2026

“ Make each day
your masterpiece. ”

MON 13Team
standup 9am

TUE 14Client
call 11am

WED 15Sprint
planning

THU 16Workshop
10am–4pm

FRI 171:1 with
manager

SAT 18Farmers
market

SUN 19Brunch
10am

Project review

Draft proposal

Lunch w/ Sarah

Wrap up sprint

Hike

9am

Plan next week

Dentist

2pm

Submit report

Code review

Drinks

6pm

Meal prep

Reading

Gym

6pm

PRIORITIES

- ★ Finalise Q3 report
- ★ Prepare client presentation
- ★ Book conference travel
- ★ Review budget proposal

THIS WEEK'S GOALS

- ☒ Exercise 3×
- ☒ Read 2 chapters
- ☒ Meal prep Sunday
- ☒ No screens after 10pm

NOTES & REMINDERS

- ☐ Car service due this Friday
- ☐ Pick up dry cleaning