

PRINT A PAGE

Home Pack

Meals, money, workouts and the garden, sorted.

6 printable pages

US Letter

Free for personal & classroom use

MEAL PLANNER			
Date	Breakfast	Lunch	Dinner
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Meal planner

[illegible]

Recipe cards

Budget

Spending log

[illegible]

Workout log

[illegible]

Garden planner

MEAL PLANNER

	Breakfast	Lunch	Dinner
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Produce	Have	\$
Dairy & eggs	Have	\$
Meat & fish	Have	\$
Bakery	Have	\$
Pantry	Have	\$
Frozen	Have	\$
Other	Have	\$

RECIPE CARD

Recipe _____ Serves _____

Prep _____ Cook _____ Oven _____ Total _____

[illegible]

Directions
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27

Allergens ☐ Gluten ☐ Dairy ☐ Egg ☐ Nuts ☐ Soy ☐ Fish

Notes

WORKOUT LOG

Date _____ Program _____ Bodyweight (lb) _____

Exercise	Set 1 reps × lb	Set 2 reps × lb	Set 3 reps × lb	Set 4 reps × lb	RPE	Rest
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
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	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		
	×	×	×	×		

Sleep (h) _____ Water _____ Energy 1-5 _____

Soreness ☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Recovery notes

GARDEN PLANNER

Bed

 Full sun
 Part shade
 Shade

N

[illegible]

Watering

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Week 1

1

7

1

1

1

7

7

Week 2

☐☐

9

☐☐☐☐

Week 3

9

☐☐☐☐☐

9

HOME PACK

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