## Chapter 7: Checklist for Making Your Shopping List

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Week 1: Add items to your list and get shopping. |  |  |  |  |  |  |  |
| Week 2: Add items to your list and get shopping. |  |  |  |  |  |  |  |
| Week 3: Add items to your list and get shopping. |  |  |  |  |  |  |  |
| Week 4: Add items to your list and get shopping. |  |  |  |  |  |  |  |
| Week 5: Add items to your list and get shopping. |  |  |  |  |  |  |  |