Say Goodbye To **Survival Mode**

Printable Packet

THIS PACKET INCLUDES:

- Cleaning lists
- Goal-Setting worksheets
- Menu Planning worksheets
- Stock-Up Price List worksheets
- Daily Docket
- Reading Lists
- A full 2014 Calendar
- And much more!

MoneySavingMom.com

Table of Contents

Cleaning Lists 3
My Daily Cleaning List
My Monthly/Semi-Annual Cleaning List

My Daily Docket 5

Goal-Setting Worksheets 6
My Goals
Breaking Down My Goals Into Bite-Sized Pieces

Menu Planning Worksheets 13
One-Week Menu Planner
One-Week Menu Planner Calendar
Seven-Day Menu Planner
Two-Week Menu Planner
Two-Week Menu Planner Calendar
14-Day Menu Planner
Four-Week Menu Planner
Four-Week Menu Planner Calendar
Menu Plan for the Month Calendar

Shopping Lists 23
Shopping List
Two-Store Shopping List

Price Books 25
Product Price Book
Store Price Book
Half-Sheet Price Books

Reading List 28

Stock-Up Price Lists 29
My Price List
My Personal Price List

2014 Monthly Calendar 31

My Daily Cleaning List

DAILY TO-DO

BEFORE BREAKFAST

AFTER BREAKFAST

AFTER LUNCH

BEFORE DINNER

AFTER DINNER

WEEKLY TO-DO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

My Monthly / Semi-Annual Cleaning List

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC

EVERY THREE MONTHS	1	2	3	4

EVERY SIX MONTHS	1	2

M Tu W Th F Sa Su

todo

biblereading

weeklychores

BEFORE BREAKFAST

- [ ] Shower & Dress
- [ ] Make Bed
- [ ] Clean Room & Bathroom
- [ ] Start Load of Laundry

AFTER BREAKFAST

- [ ] Clean Up Breakfast Dishes
- [ ] Unload & Load Dishwasher
- [ ] Wipe Kitchen Countertops
- [ ] Thaw Anything Needed for Dinner
- [ ] 5-Minute Pick Up
- [ ] Switch Load of Laundry

AFTER LUNCH

- [ ] Clean Up Lunch Dishes
- [ ] Load Dishwasher
- [ ] Sweep Kitchen Floor
- [ ] 5-Minute Pick Up
- [ ] Clean Front Door/Back Door Glass

BEFORE DINNER

- [ ] Dinner Prep
- [ ] Fold Load of Laundry & Put Away
- [ ] 5-Minute Pick Up

AFTER DINNER

- [ ] Clean Up Dinner Dishes
- [ ] Load Dishwasher & Run

exercise

tobuy

ourdinner

toblog

extraprojects/ministry

My Goals

PRIORITY 1	
FOCUS AREAS	

PRIORITY 2	
FOCUS AREAS	

PRIORITY 3	
FOCUS AREAS	

PRIORITY 4	
FOCUS AREAS	

PRIORITY 5	
FOCUS AREAS	

PRIORITY 6	
FOCUS AREAS	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #1

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #2

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #3

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #4

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #5

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

Into Bite-Sized Pieces

PRIORITY #6

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

FOCUS AREA:	END DATE:
SMALLER GOALS	

MONTHLY PROGRESS CHECKUP								
	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

One-Week Menu Planner

sunday

B ::

L ::

S ::

D ::

monday

B ::

L ::

S ::

D ::

tuesday

B ::

L ::

S ::

D ::

wednesday

B ::

L ::

S ::

D ::

thursday

B ::

L ::

S ::

D ::

friday

B ::

L ::

S ::

D ::

saturday

B ::

L ::

S ::

D ::

SHOPPING LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

One-Week Menu Planner

sunday	monday	tuesday	wednesday	thursday	friday	saturday
breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
lunch	lunch	lunch	lunch	lunch	lunch	lunch
snack	snack	snack	snack	snack	snack	snack
dinner	dinner	dinner	dinner	dinner	dinner	dinner

Seven-Day Menu Planner

1
B ::
L ::
S ::
dinner

2
B ::
L ::
S ::
dinner

3
B ::
L ::
S ::
dinner

4
B ::
L ::
S ::
dinner

5
B ::
L ::
S ::
dinner

6
B ::
L ::
S ::
dinner

7
B ::
L ::
S ::
dinner

Seven-Day Meal Planner

BREAKFASTS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

LUNCHES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

SNACKS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DINNERS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Two-Week Menu Planner

sunday	B	B
	L	L
	S	S
	D	D
monday	B	B
	L	L
	S	S
	D	D
tuesday	B	B
	L	L
	S	S
	D	D
wednesday	B	B
	L	L
	S	S
	D	D
thursday	B	B
	L	L
	S	S
	D	D
friday	B	B
	L	L
	S	S
	D	D
saturday	B	B
	L	L
	S	S
	D	D

Two-Week Menu Planner

sunday	monday	tuesday	wednesday	thursday	friday	saturday
B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

Say Goodbye To Survival Mode | ©2014 MoneySavingMom.com

14-Day Menu Planner

1
B
L
S
D

2
B
L
S
D

3
B
L
S
D

4
B
L
S
D

5
B
L
S
D

6
B
L
S
D

7
B
L
S
D

8
B
L
S
D

9
B
L
S
D

10
B
L
S
D

11
B
L
S
D

12
B
L
S
D

13
B
L
S
D

14
B
L
S
D

Four-Week Menu Planner

		week one	week two	week three	week four
sunday	B				
	L				
	S				
	D				
monday	B				
	L				
	S				
	D				
tuesday	B				
	L				
	S				
	D				
wednesday	B				
	L				
	S				
	D				
thursday	B				
	L				
	S				
	D				
friday	B				
	L				
	S				
	D				
saturday	B				
	L				
	S				
	D				

Say Goodbye To Survival Mode | ©2014 MoneySavingMom.com

Four-Week Menu Planner

sunday	monday	tuesday	wednesday	thursday	friday	saturday
B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

B	B	B	B	B	B	B
L	L	L	L	L	L	L
S	S	S	S	S	S	S
D	D	D	D	D	D	D

Menu Plan for the Month of: _____

sunday	monday	tuesday	wednesday	thursday	friday	saturday
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D
B L S D	B L S D	B L S D	B L S D	B L S D	B L S D	B L S D

Shopping List

to purchase	price	coupon?
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○

NOTES

Two-Store Shopping List

store _____

to purchase	price	coupon?
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○

store _____

to purchase	price	coupon?
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○
○	$	○

Price BOOK

PRODUCT ::

DATE	STORE	BRAND	PRICE	SIZE	UNIT PRICE
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per

Price BOOK

STORE ::

DATE	STORE	BRAND	PRICE	SIZE	UNIT PRICE
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per

Price BOOK

PRODUCT ::

DATE	STORE	BRAND	PRICE	SIZE	UNIT PRICE
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per

Price BOOK

STORE ::

DATE	STORE	BRAND	PRICE	SIZE	UNIT PRICE
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per
					$ per

My Reading List

JANUARY	date completed

FEBRUARY	date completed

MARCH	date completed

APRIL	date completed

MAY	date completed

JUNE	date completed

JULY	date completed

AUGUST	date completed

SEPTEMBER	date completed

OCTOBER	date completed

NOVEMBER	date completed

DECEMBER	date completed

Stock-up Price List

MY PRICE LIST

ITEM	COST	SIZE	UNIT COST
TOILETRIES/PERSONAL CARE			
Bandages			
Bar Soap			
Cough Drops			
Deodorant			
Floss			
Liquid Soap			
Lotion			
Mouthwash			
Pain Reliever			
Razors			
Shampoo/Conditioner			
Shaving Cream			
Toothbrushes			
Toothpaste			
BABY ITEMS			
Diapers			
Wipes			
REFRIGERATED ITEMS			
Butter			
Cheese			
Cream Cheese			
Eggs			
Milk			
Sour Cream			
Yogurt			
PRODUCE			
Bananas			
Grapes			
Lemons			
Salad			
Strawberries			
Tomatoes			
Watermelon			
Carrots			
FROZEN FOOD			
Frozen Vegetables			
Ice Cream			

ITEM	COST	SIZE	UNIT COST
MEAT/DELI			
Beef, Ground			
Chicken (boneless/skinless)			
Roast			
Steak			
DRY/CANNED GOODS			
Bread			
Brownie Mix			
Tuna (can/pouch)			
Cereal			
Chocolate Chips			
Cookies			
Crackers			
Flour			
Hamburger/Hot Dog Buns			
Honey			
Jelly/Jam			
Ketchup			
Mayonnaise			
Mustard			
Oats			
Pasta			
Peanut Butter			
Salad Dressing			
Soup (canned)			
Spaghetti Sauce			
Sugar			
Tomato Paste			
Tomato Sauce			
Tortillas			
Vanilla			
CLEANING SUPPLIES/PAPER PRODUCTS			
Aluminum Foil			
Dishwasher Detergent			
Dishwashing Soap			
Laundry Detergent			
Toilet Paper			
Kitchen Trash Bags			
Zipper Bags (sandwich)			
Zipper Bags (qt+ or freezer)			

Stock-up Price List

MY PERSONAL PRICE LIST

ITEM	COST	SIZE	UNIT COST
TOILETRIES/PERSONAL CARE			
REFRIGERATED ITEMS			
PRODUCE			
FROZEN FOOD			

ITEM	COST	SIZE	UNIT COST
MEAT/DELI			
DRY/CANNED GOODS			
CLEANING SUPPLIES/PAPER PRODUCTS			
OTHER			

january 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			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	28	29	30	31	

february 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						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	28	

march 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					
30	31	25	26	27	28	29

april 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		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	28	29	30			

may 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				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	28	29	30	31

june 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
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	28
29	30					

july

2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		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	28	29	30	31		

august 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24						
31	25	26	27	28	29	30

Say Goodbye To Survival Mode | ©2014 MoneySavingMom.com

september 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	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
28	29	30				

october 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			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	28	29	30	31	

november 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

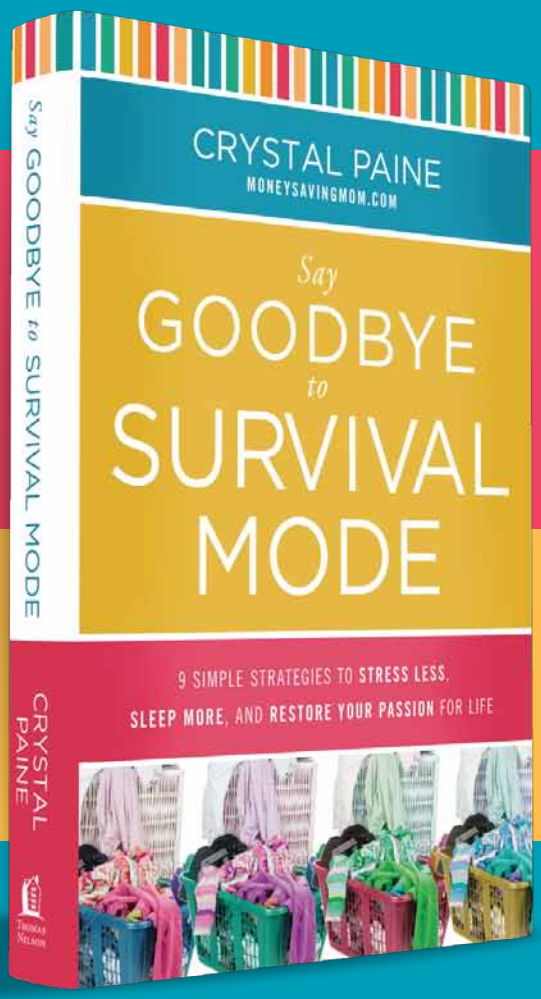
Say Goodbye To Survival Mode | ©2014 MoneySavingMom.com

december 2014

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	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
28	29	30	31			

are you ready to

Say Goodbye to Survival Mode?



9 simple strategies to **stress less, sleep more** & restore your **passion for life**

BUY THE BOOK ▸

"Crystal Paine candidly shares her journey of how she learned to live a life of purpose and intention in *Say Goodbye to Survival Mode*. This book is a perfect blend of how-to no-nonsense advice and friendly coffee talk with a trusted friend. Thanks to Paine's nudge, I have streamlined my out-of-the-home commitments so I can be more present to my family."

Stephanie O'Dea

NYT best-selling author, blogger, and slow cooking expert.
You can find her online at **stephanieodea.com**