2 Minute                                     Short-Term                           Longer-Term
Call Jen                                     Practice hymns                     Go to a yoga workshop
Read over goals                        Write new post                     Get a physical exam done
Pay electric bill                         Set up a playdate                  Make dental appts
                                                  Mail missionary gift            Set up extended family activity

Mini-calendar                             Menu                                  Shopping - returns

S - 3pm Appt w/ bishop        Crockpot wheat                     carrots
      4pm Choir practice          Sandwiches                             cauliflower
                                               Leftover curry rice                 zucchini (2-3)
M - 5pm FHE                        Fried eggs, toast, fruit          kale and spinach
                                               Overnight oats                       tofu
                                               Chicken soup                          chicken
T - 5pm piano lessons           Quinoa porridge                     eggs
                                               Kale cabbage salad                raisins
                                               Salmon, rice, salad                grapenuts
W - 8:30 Rocket Yoga           Stovetop Rice pudding
        Go to the bank                Pesto over zoodles
                                                Leftover chicken soup
TH -                                        German pancakes
                                                Smoothie
                                                Mexican Pot Pie
F - 5pm Family Date              Grapenuts and fruit
      Nature show & popcorn  Bean and veggie wrap
                                                Leftover Mex Pot Pie
S - Family project                   Dad's making breakfast
      Split wood                         Kids are making lunch
                                                 Frozen stir fry
Future                                      Try ham/pineapple kabobs