## WeightWatchers.com Thanksgiving Weekly Planner

Monday	Saturday
Tuesday	Sunday
Wednesday	Write in:
Wednesday	Travel (arrivals and departures)
	Travel meals
	<ul> <li>Guests (arrivals and departures)</li> </ul>
	Activities planned (classes, walks)
	<ul> <li>Cooking and preparation days</li> <li>Planned use of Weekly <i>POINTS</i>® values</li> </ul>
	Recovery breakfasts
	<ul> <li>All parties and dining out</li> </ul>
Thursday	<ul> <li>Anything else that keeps you on Plan</li> </ul>
	Notes:
Friday	

## November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					