



### TODAYS THEME SONG

Blank space for writing the theme song.

### DONT FORGET

Seven horizontal lines for writing reminders.

### DATE

Blank space for writing the date.

### MONTH

Blank space for writing the month.

### THE BIG 3s

BY 10 AM

BY LUNCH

BY END OF DAY

1.

1.

1.

2.

2.

2.

3.

3.

3.

### SELF CARE GOAL

### WELLNESS GOAL

Blank space for writing self-care and wellness goals.

### NOTES

Blank space for writing notes.

