

PLAN FOR THE DAY

DATE:

PRIORITIES

SCHEDULE

MORNING

- _____
- _____
- _____

AFTERNOON

- _____
- _____
- _____

EVENING

- _____
- _____
- _____

NIGHT

- _____
- _____
- _____

WATER

1 2 3 4 5 6 7 8

WORKOUT

MINDFULNESS

MEALS

NOTES TO SELF