

Daily Planner

Date:

M Tu W Th F Sa Su

Schedule

6 am _____

7 am _____

8 am _____

9 am _____

10am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

10 pm _____

11 pm _____

Notes _____

Goals:

1. _____
2. _____
3. _____
4. _____
5. _____

To Do:

- _____
- _____
- _____
- _____
- _____
- Meditation

Meals:

| | |
|--|----------------|
| Breakfast: | |
| Lunch: | 1 Cup of fruit |
| Dinner: 1 Cup of fruit and 2.5 cups vegetables | |

Water:

16 oz glasses:

Activity:

15 min blocks: Men 60 min Women 30min

Muscle Strengthening:

Twice a week: M Ty W Th F Sa Su