



DAILY PERSONAL PLANNER

DATE: _____

S M T W T F S

TODAY'S SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

PRIORITY OF THE DAY

● ☐ _____

● ☐ _____

● ☐ _____

● ☐ _____

● ☐ _____

WATER INTAKE

● ● ● ● 1L ● ● ● ● 2L ● ● 3L

THINGS TO GET DONE

● ☐ _____

● ☐ _____

● ☐ _____

● ☐ _____

EXERCISE & HEALTH

● ☐ _____

● ☐ _____



☐ ☐ ☐ ☐ ☐ ☐ ☐

● TO START

☐ OK

☐ DELAY

☐ STUCK

☐ CANCEL