

date: _____ M Tu W Th F Sa Su

meal plan:

top 5 list:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

to do:

daily routine:

Early Morning:

- make bed & pick up bedroom
-
-
-
-

Mid-Morning:

-
-
-
-
-
-

Afternoon:

-
-
-
-
-
-
-
-

Evening:

- dinner
- 15-minute pickup
-
-
-
-
-
-
-
- write out tomorrow's "top 5"

exercise: _____ min.



to buy:

notes:

appointments:

time: event:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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