

# ORGANIZE YOUR DAY

DATE: \_\_\_\_\_

## TODAY PLANS

- 7:00 AM \_\_\_\_\_
- 8:00 AM \_\_\_\_\_
- 9:00 AM \_\_\_\_\_
- 10:00 AM \_\_\_\_\_
- 11:00 AM \_\_\_\_\_
- 12:00 PM \_\_\_\_\_
- 13:00 PM \_\_\_\_\_
- 14:00 PM \_\_\_\_\_
- 15:00 PM \_\_\_\_\_
- 16:00 PM \_\_\_\_\_
- 17:00 PM \_\_\_\_\_
- 18:00 PM \_\_\_\_\_
- 19:00 PM \_\_\_\_\_
- 20:00 PM \_\_\_\_\_
- 21:00 PM \_\_\_\_\_
- 22:00 PM \_\_\_\_\_
- 23:00 PM \_\_\_\_\_

## REFLECT

MOOD \_\_\_\_\_

GRATITUDE \_\_\_\_\_

GOALS FOR TOMORROW \_\_\_\_\_

## TOP PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MEALS

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACKS \_\_\_\_\_

## WATER



## WORKOUT

- CARDIO
- WEIGHTS
- YOGA
- STRETCH
- REST DAY
- OTHER

