

m + w + th + f + sa + su

date: _____

today's goals:

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

hydrate



things to do!

daily do's

- respond to emails
- take a multi-vitamin
- 15 min kitchen de-clutter
- water the plants

for me

appointments

| | |
|---------|--------|
| Time: | Event: |
| : _____ | _____ |
| : _____ | _____ |
| : _____ | _____ |

fitness
