

/ /

S M T W T F S

to do

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

9

eat that frog

top 3 goals ★

1 \_\_\_\_\_ ○

2 \_\_\_\_\_ ○

3 \_\_\_\_\_ ○

lesson learned

♥ gratitude

yes

no

eat well

exercise

10c h2O

vitamins

performance

