

Date: _____ M TU W Th F Sa Su

Today's Goals:

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

HYDRATE!



TO-DOS:

Dailies:

- Respond to Emails.
- Prep blogs.
- 15-Minute Pick-up.
- Follow-ups/Phone Calls.
- Write tomorrow's Goals.

fitness:

Don't Forget To:

Appointments:

Time:	Event:
_____ :	_____
_____ :	_____
_____ :	_____
_____ :	_____

