

Today's plan OF ACTION

16th March

Mo Tu We **Th** Fri Sa Su



APPOINTMENTS

- 11:00 Message
- 14:50 Business Lecture
- 19:00 Movies

5 SMALL STEPS TO SUCCESS

- #1 Hand in task 2
- #2 Write blog post
- #3 Study for 1 hour
- #4 Buy new folders
- #5 Organise room

Notes

TO DO LIST

MORNING

- 120 squats
- Print out task 2
- Make a healthy breakfast
- Study

DAM

- Go for massage
- Book Manicure appointment
- Hand in task 2
- Write blog post
- Buy new folder

EVENING

- Call home
- Organise room
- Get ready for Movies
- Get to bed for midnight

EXERCISE & HEALTH

-Squat-challenge-Day-7

Go for massage

WATER TO GO

B

top on wholegrain toast + coffee

L

Chicken pasta salad

D

Eating out

S

Berries + almonds

3 THINGS I AM GRATEFUL FOR TODAY

- #1 A sunny day
- #2 My cup of coffee
- #3 A tasty meal out

DAIRY

- Study for 30 mins
- Wake up at 6am
- Read 10 pages

