

m + w + th + f + sa + su

date: _____

today's goals:

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



daily do's

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

things to do!

for me

appointments

Time: Event:

: _____

: _____

: _____

fitness
