

m + w + th + f + sa + su

date: \_\_\_\_\_

## today's goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## hydrate



## daily do's

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

## things to do!

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## for me

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## appointments

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

## fitness

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