



"Write it on your heart  
that every day is the  
best day of the year"  
♥♥ - Ralph Emerson

# My Daily Plan

Today's Date: \_\_\_\_\_



Get Hydrated


### Stuff to do

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_



### What to eat

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

### Exercise



### Important Times

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

### People to call

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

### Special Notes