

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!

for me

appointments

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

fitness
