

1

Date _____ M TU W TH F SA SU

Today's Goals:

Hydrate!

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



TO-DOs

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Dailies:

- Respond to Emails.
- Prep blogs.
- 15-Minute Pick-up.
- Follow-ups/Phone Calls.
- Write tomorrow's Goals.

fitness

- _____
- _____
- _____

Don't Forget To:

Appointments:

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

2

WEEK AT A GLANCE

	MON	TUE	WED	THU	FRI	SAT	SUN
AM							
PM							
EVENTS							
NOTES							