

Day, Date

What's for Dinner Today

Exercise Plan

Water
& Fruit



07⁰⁰ _____

08⁰⁰ _____

09⁰⁰ _____

10⁰⁰ _____

11⁰⁰ _____

12⁰⁰ _____

13⁰⁰ _____

14⁰⁰ _____

15⁰⁰ _____

16⁰⁰ _____

17⁰⁰ _____

18⁰⁰ _____

19⁰⁰ _____

20⁰⁰ _____

21⁰⁰ _____

22⁰⁰ _____

23⁰⁰ _____

Notes _____

Downtime to Take

- ★ Read before bed:
- ★ Write for journal:
- ★ Plan fun w/ friends:
- ★ Art & Construction:
- ★ Study: _____ hrs
- ★ Call/write a friend:
- ★
- ★
- ★

To Do List

Shopping List
