

Day, Date

What's for Dinner Today

Exercise Plan

Water  
& Fruit



07<sup>00</sup> \_\_\_\_\_

08<sup>00</sup> \_\_\_\_\_

09<sup>00</sup> \_\_\_\_\_

10<sup>00</sup> \_\_\_\_\_

11<sup>00</sup> \_\_\_\_\_

12<sup>00</sup> \_\_\_\_\_

13<sup>00</sup> \_\_\_\_\_

14<sup>00</sup> \_\_\_\_\_

15<sup>00</sup> \_\_\_\_\_

16<sup>00</sup> \_\_\_\_\_

17<sup>00</sup> \_\_\_\_\_

18<sup>00</sup> \_\_\_\_\_

19<sup>00</sup> \_\_\_\_\_

20<sup>00</sup> \_\_\_\_\_

21<sup>00</sup> \_\_\_\_\_

22<sup>00</sup> \_\_\_\_\_

23<sup>00</sup> \_\_\_\_\_

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

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Shopping List

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