

Date: \_\_\_/\_\_\_/\_\_\_ S M TU W TH F S

### Today's Goals:

- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

### Hydrate!

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |

### Fitness:

- \_\_\_\_\_
- \_\_\_\_\_

### To-Dos:

- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

### Meals and vitamins:

- B: \_\_\_\_\_
- L: \_\_\_\_\_
- D: \_\_\_\_\_
- S: \_\_\_\_\_
- V: \_\_\_\_\_

### Daily Activities:

- ◇ Respond to emails
- ◇ Check voicemail
- ◇ Write Tomorrow's Goals
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

### Don't forget!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Time: Event:

- : \_\_\_\_\_
- : \_\_\_\_\_
- : \_\_\_\_\_
- : \_\_\_\_\_
- : \_\_\_\_\_

### From the store:

- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

### cleaning:

- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_