

TODAY'S PLAN

Date: _____

QUOTE

PRIORITIES

WATER

○ ○ ○ ○
○ ○ ○ ○

THINGS TO BUY

TO DO

HOUSEHOLD CHORES

MEALS

BREAKFAST

LUNCH

DINNER

MOOD

- happy
- sad
- angry
- loved
- sleepy
- hurt
- worried
- tired
- _____