TODAY'S PLAN

Date: _____

QUOTE

THINGS TO BUY

MEALS

BREAKFAST

LUNCH

DINNER

PRIORITIES

TO DO

WATER

HOUSEHOLD CHORES

MOOD

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