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
- ◯ _____