



TODAY'S PLAN

Date: _____

QUOTE

Blank space for writing a quote.

PRIORITIES

Four horizontal lines for listing priorities.

WATER

Eight circles arranged in two rows of four, for tracking water intake.

THINGS TO BUY

Blank space for listing items to buy.

TO DO

Eighteen horizontal lines for listing tasks to do.

HOUSEHOLD CHORES

Blank space for listing household chores.

MEALS

BREAKFAST

LUNCH

DINNER

Blank space for planning meals for breakfast, lunch, and dinner.

MOOD

Radio button options for mood: happy, sad, angry, loved, sleepy, hurt, worried, tired, and a blank line for other moods.