

TODAY IS _____

MY TOP 3 PRIORITIES

TO-DO LIST

- Morning Chores
- Vitamins
- Afternoon Chores
- Evening Chores
-
-
-

WATER INTAKE



HOW I'LL MOVE MY BODY

WHAT'S FOR DINNER?

I'M GRATEFUL FOR ...

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DAILY SCHEDULE

6:00 am

6:30 am

7:00 am

7:30 am

8:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00 pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

7:30 pm

8:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

DAILY CHORES

morning

afternoon

evening

PROJECTS BY MONTH

january

february

march

april

may

june

july

august

september

october

november

december

WEEKLY ROUTINE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
morning							
afternoon							
evening							

CLEANING CHECKLIST

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY MEAL PLAN

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast							
lunch							
dinner							