

A LOOK AT TODAY

M T W T F S S

TO DO LIST

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- _____
- _____
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- _____

LATER THIS WEEK

- _____
- _____
- _____
- _____

MORNING

AFTERNOON

EVENING

- QUIET TIME
- EAT SOMETHING GREEN
- SWEAT
- TALK TO A FRIEND
- 2 LITERS OF WATER
- GET OUTSIDE