

DATE:

M T W T F S S

TODAY I AM GRATEFUL FOR:

MUST DO:

- ☐
- ☐
- ☐
- ☐
- ☐

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

1:00

1:30

2:00

2:30

3:00

3:30

4:00

4:30

5:00

5:30

6:00

6:30

7:00

CALL OR EMAIL:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

EXERCISE:

For tomorrow:

- ☐ Lay out clothes
- ☐ Prepare backpack
- ☐ To do list
- ☐ Check calendar