

TODAY'S DATE

M T W T F S S

DAILY TASKS

TO-DO'S

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SHOPPING LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

APPOINTMENTS

1. _____
2. _____
3. _____

TODAY'S MENU

BREAKFAST

LUNCH

DINNER

CLEANING LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HEALTH

(EACH WATER CUP IS 8 OZ)



TODAY'S EXERCISE
