

m + w + th + f + sa + su

date: _____

today's goals:

1. _____
2. _____
3. _____
4. _____
5. _____

hydrate

1	2	3	4	5	6	7	8	9	10
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daily do's

- ☐ respond to adults
- ☐ feed a adult situation
- ☐ if you include do. later
- ☐ water the plants

things to do!

for me

appointments

Time:	Event:
_____	_____
_____	_____
_____	_____

fitness
