

# For Today...

DATE: \_\_\_\_\_

M T W T F S S

TODAY I AM GRATEFUL FOR:

APPOINTMENTS

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TO DO LIST:

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TOP 3 GOALS:

- 1 \_\_\_\_\_   
2 \_\_\_\_\_   
3 \_\_\_\_\_

DAILY TASKS/CLEANING

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FAVORITE VERSE/QUOTE,  
TAKE NOTES, DRAW, JOURNAL, ETC:

NEW HABITS

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EXERCISE AND HEALTH:

STRENGTH TRAINING: CARDIO:

- ABS  
 LEGS  
 ARMS  
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WALK/RUN

YOGA

BIKE

\_\_\_\_\_

HEALTH:

BP \_\_\_\_\_

HR \_\_\_\_\_

SUG \_\_\_\_\_