

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:

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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

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HEALTH:

BP \_\_\_\_\_

HR \_\_\_\_\_

SUG \_\_\_\_\_