

for Today...

DATE: _____

M T W T F S S

TODAY I AM GRATEFUL FOR:

APPOINTMENTS

TO DO LIST:

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TOP 3 GOALS:

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2

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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:

☐ ABS

☐ LEGS

☐ ARMS

☐

CARDIO:

☐ WALK/RUN

☐ YOGA

☐ BIKE

☐



HEALTH:

BP

HR

SUG
