TODAY PLANS

DATE: _____

MUST DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

TO ACCOMPLISH

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

AGENDA & APPOINTMENTS

MORNING

AFTERNOON

NIGHT

TO CALL/EMAIL

MEAL PLAN

SHOPPING LIST