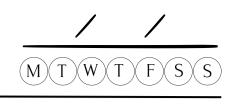
Daily Planner MTWTFSS



How are you today?	Morning Checklist: Meditate Breakfast Visualise my goals Brush my teeth Workout/Move	Todays Goals & ToDo's:
Food & Water: BREAKFAST: LUNCH:	Evening Checklist: Skin & Hair care Brush my teeth Put my phone away by 9pm Review my day Meditate	Notes:
Exercise Review: Move: Exercise: Stand: Am I happy with that?	Today I am proud of:	What can I do different?