



"A good routine is made up of the right habits that you can do consistently. Create habits that you can actually commit to and complete."

Date: __ / __ / ____

How am I feeling today?

What requires my attention today? *(my priorities)*

My Tasks	Preferred Timing	Progress
<hr/>	<hr/>	<input type="checkbox"/>
<hr/>	<hr/>	<input type="checkbox"/>
<hr/>	<hr/>	<input type="checkbox"/>

Bonus Activities! *(if I have the extra energy and time)*

Activities	Progress
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>

How was my day spent?

1 2 3 4 5 6 7 8 9 10

Self Reflection! *(pour your heart out)*
