Chores You Need To
Adult today

1
2
3
4
5
6
7
8
9
10

OH CRAP
Errands!

1
2
3
4

Today's
Appointments

1
2
3

ACTION
-NOW-

To Do List

Doodle

TODAY'S
-GOALS-

How Hard Did You
WORK OUT?

WHAT DID YOU DO?

8oz of water
HYDRATE!

Eat Balanced
NOM FOODS!

B
S
L
S
D

NOTES

YOU GOT
THIS!