

CHORES YOU NEED TO ADULT TODAY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____



OH NO, ERRANDS!

- 1 _____
- 2 _____
- 3 _____
- 4 _____

TODAY'S APPOINTMENTS

- : _____
- : _____
- : _____
- : _____

doodle



ACTION NOW

- _____
- _____
- _____
- _____



TO DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



TODAY'S GOALS

- _____
- _____
- _____

HOW HARD DID YOU WORK OUT?



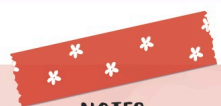
What did you do? _____

8OZ OF WATER - HYDRATE!



EAT BALANCED HEALTHY FOODS

- B _____
- S _____
- L _____
- S _____
- D _____



NOTES

