

DAILY PLANNER



TODAY IS

/ /

WEATHER



TODAY I'M EXCITED ABOUT

TODAY I AM GRATEFUL FOR

THREE MAIN GOALS

TO DO LIST

HOW DID YOUR MEAL MAKE YOU FEEL

BREAKFAST

LUNCH

DINNER

WATER

1	2	3	4	5
6	7	8	9	10

- Exercise
- Guilt Free Relaxation
- Meditation

MY ME TIME ACTIVITY

HAPPY SCALE

1= feeling low 10= feeling great

AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

NOTES / DOODLES

TODAY'S HAPPY MOMENT

TONIGHT I'M GRATEFUL FOR