

Today's Plan

S M T W T F S S

6 MOST IMPORTANT THINGS:

- #1
- #2
- #3
- #4
- #5
- #6

Get it Done!

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

EXERCISE & HEALTH:

WORKOUT STEP GOAL: _____

MEALS: WATER: 1 2 3 4 5 6 7 8

B _____ SUPPLEMENTS: AM PM

L _____ BED TIME GOAL: _____

D _____

Hello, there!

(Just pick up the phone and call...)

BOOKING CALLS:

- _____
- _____
- _____
- _____
- _____

FOLLOW-UP CALLS:

- _____
- _____
- _____
- _____
- _____

Today I am grateful for:



Notes

Praying for...

Notes to write:

I totally rocked my day!