DAILY PLANNER

DATE :

M   W   F   S
T   T   S

TODAYS GOALS

_____
_____
_____
_____
_____

MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

WATER INTAKE

TOTAL
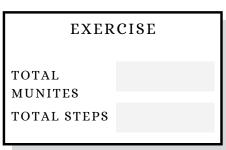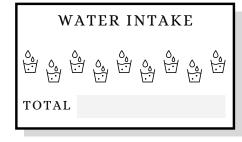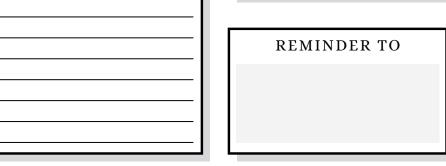
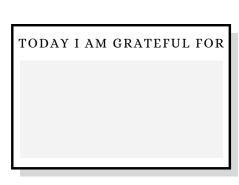## MONEY TRACKER

MONEY IN   FROM

MONEY OUT   FOR

TODAYS APPOINTMENT

TIME	EVENT

THINGS TO GET DONE TODAY

_____
_____
_____
_____
_____
_____
_____
_____
_____

TODAY I AM GRATEFUL FOR

WEATHER

MOOD

EXERCISE

TOTAL MUNITES

TOTAL STEPS

REMINDER TO

NOTES

_____
_____
_____
_____