

# be happy today

♥ DATE

♥ THINGS TO DO

♥ SCHEDULE FOR TODAY

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....



♥ NOTES

# be happy today

♥ DATE

♥ THINGS TO DO

♥ SCHEDULE FOR TODAY

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....



♥ NOTES

# TO DO LIST

## MORNING

DATE: .....

### IMPORTANT TASKS

[Pink task box]

[Pink task box]

[Pink task box]

[Pink task box]

[Pink task box]

[Large pink morning planning area]

## AFTERNOON

[Large pink afternoon planning area]

### HEALTHY EATING

.....  
.....  
.....  
.....

## EVENING

[Large pink evening planning area]

### EXERCISE

 .....

 .....

 .....

WATER        

### CLOSER TO YOUR GOAL

 .....

 .....

# TO DO LIST

## MORNING

DATE: .....

### IMPORTANT TASKS

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### HEALTHY EATING

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### EXERCISE

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### CLOSER TO YOUR GOAL

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## AFTERNOON

.....

## EVENING

.....

WATER        

 .....