

JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC s m t w t f s

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

20__

✦ yesterday's review ✦

how was the day, overall?



various roles as an adult



achieved goals i set



I would have done differently:

gratitude



affirmation

✦ ✦ priority ✦ ✦

✦ ✦ top chores ✦ ✦

personal to-do

professional to-do

tonight / tomorrow

did i consider

<input type="checkbox"/> hygiene	<input type="checkbox"/> bills	<input type="checkbox"/> nature	<input type="checkbox"/>
<input type="checkbox"/> meetings	<input type="checkbox"/> errands	<input type="checkbox"/> hobbies	<input type="checkbox"/>
<input type="checkbox"/> learning	<input type="checkbox"/> meds	<input type="checkbox"/> entertainment	<input type="checkbox"/>
<input type="checkbox"/> exercise	<input type="checkbox"/> socializing	<input type="checkbox"/> safety	<input type="checkbox"/>
<input type="checkbox"/> rest	<input type="checkbox"/> meditation	<input type="checkbox"/> relationships	<input type="checkbox"/>
<input type="checkbox"/> pet care	<input type="checkbox"/> bdays/holidays	<input type="checkbox"/> calls/emails	<input type="checkbox"/>



sleep 1 2 3 4 5 6 7 8 9 10

DAILY DANDY		FOOD LOG
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07:00		
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