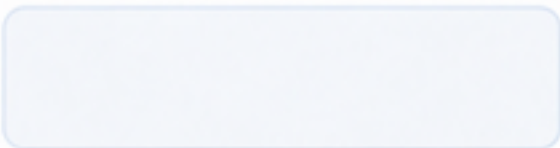
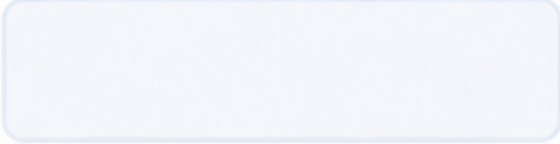
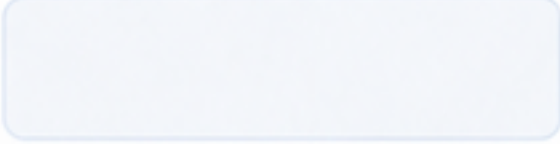
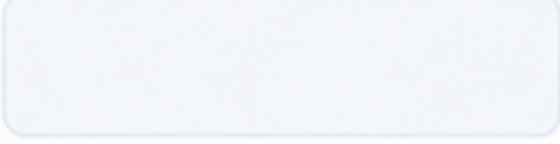


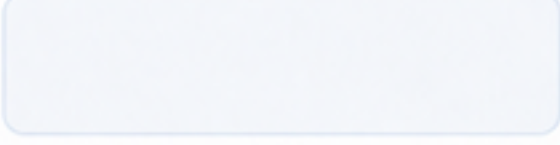
Time Plan

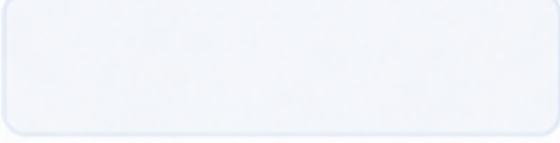
06:00  

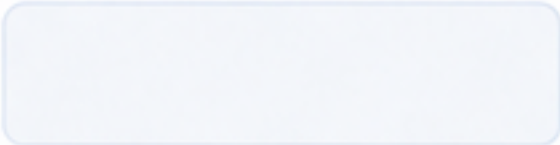
07:00  

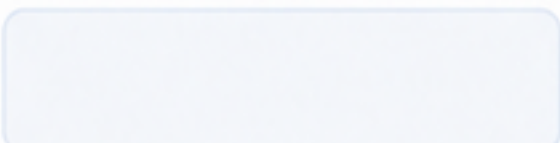
08:00  

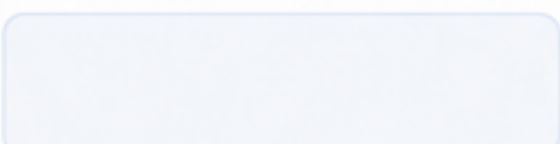
09:00  

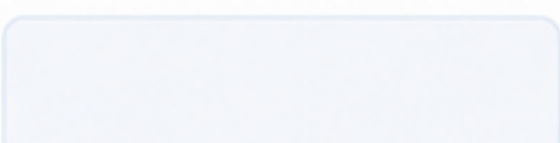
10:00  

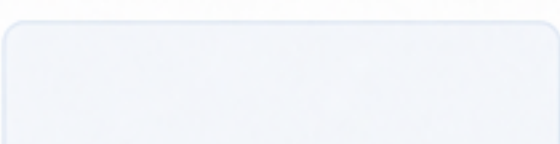
12:00  

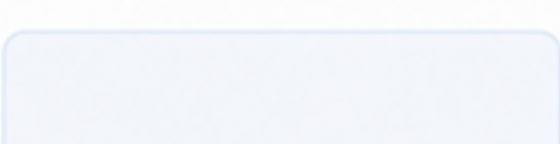
14:00  

16:00  

18:00  

20:00  

22:00  

23:00  

To-Do List

 _____

 _____

 _____

 _____

 _____

 _____

Schedule

Today's Plan

















Habit Tracker

MON TUE WED THU FRI SAT SUN

 Drink Water ☐ ☐ ☐ ☐ ☐ ☐ ☐

 Sleep Early ☐ ☐ ☐ ☐ ☐ ☐ ☐

 Stretch ☐ ☐ ☐ ☐ ☐ ☐ ☐

 Read ☐ ☐ ☐ ☐ ☐ ☐ ☐

 Go for a Walk ☐ ☐ ☐ ☐ ☐ ☐ ☐

 Track Mood ☐ ☐ ☐ ☐ ☐ ☐ ☐

Reset Checklist

☐☐☐☐☐☐☐

Self-Care



DATE / /



Today's Mood



Happy



Calm



Anxious



Tired



Sad

Mood Notes



Gentle Reminders

☐

☐

☐

☐

☐

“



Today's Notes



Gratitude





Today's Plan

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Quick Notes



Quick Reflection



Completion	☆	☆	☆	☆	☆
Focus	☆	☆	☆	☆	☆
Mood	☆	☆	☆	☆	☆

Tomorrow's Reminder
