

# My Daily Planner



TODAY IS **M T W T F S S**         /      /       
Month    Day    Year

My current mood is

Last night I got **1 2 3 4 5 6 7 8 9 10** hours of sleep.



## THIS IS WHAT'S HAPPENING TODAY!

- Class Connect
- Academic Activity
- Social Activity
- Physical Activity
- Spiritual Activity
- Community Service
- Work / Chores



I checked my email  
 This morning  
 This evening

|       |  |  |  |  |  |  |  |  |  |  |
|-------|--|--|--|--|--|--|--|--|--|--|
| 6 AM  |  |  |  |  |  |  |  |  |  |  |
| 7 AM  |  |  |  |  |  |  |  |  |  |  |
| 8 AM  |  |  |  |  |  |  |  |  |  |  |
| 9 AM  |  |  |  |  |  |  |  |  |  |  |
| 10 AM |  |  |  |  |  |  |  |  |  |  |
| 11 AM |  |  |  |  |  |  |  |  |  |  |
| Noon  |  |  |  |  |  |  |  |  |  |  |
| 1 PM  |  |  |  |  |  |  |  |  |  |  |
| 2 PM  |  |  |  |  |  |  |  |  |  |  |
| 3 PM  |  |  |  |  |  |  |  |  |  |  |
| 4 PM  |  |  |  |  |  |  |  |  |  |  |
| 5 PM  |  |  |  |  |  |  |  |  |  |  |
| 6 PM  |  |  |  |  |  |  |  |  |  |  |
| 7 PM  |  |  |  |  |  |  |  |  |  |  |
| 8 PM  |  |  |  |  |  |  |  |  |  |  |
| 9 PM  |  |  |  |  |  |  |  |  |  |  |
| 10 PM |  |  |  |  |  |  |  |  |  |  |

Today, I am grateful for \_\_\_\_\_

The things I must get done TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



The things I need to do SOON

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## How did my day go?

I rocked it!     Not bad.     Start fresh tomorrow.

I exercised for **30** mins    **45** mins    **1** hr    **1.5** hrs    **2** hrs    more!

I read for **15** mins    **30** mins    **45** mins    **1** hr    **1.5** hrs    more!

Today, I am most proud of \_\_\_\_\_

Tomorrow, I plan to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_