

My _____ Day

Today's Motto: _____

7:00 am

8:00 am

9:00 am

10:00 am

11:00 am

Noon

1:00 pm

2:00 pm

3:00 pm

4:00 pm

5:00 pm

6:00 pm

7:00 pm

8:00 pm

9:00 pm

10:00 pm

11:00 pm

Midnight

Notes:

Don't Forget About Yourself!

8 Glasses of water: ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐

5 sets of 10 pushups: ☐ ☐ ☐ ☐ ☐

Take 4-5 deep breaths every
couple of hours.

Step outside or away from your
screen every couple of hours.

For Tomorrow...

You made it! Now let's do it again tomorrow! :)