

Daily Planner

Date.

/ /

M T W T F S S

To do list

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Top priorities

1. _____
2. _____
3. _____
4. _____
5. _____

Me time

- Breakfast

- Lunch

- Dinner

- Snacks

- Exercise

- Downtime

Calls/Appointments

Notes and thoughts

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