

DAILY	PLANN	ER
Date:	_//	

	MENU PLAN
	BREAKFAST
,	LUNCH
	DINNER
	☎
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_/	/	
WHAT HAVE WE RUN OUT OF / SHOPPING:		
Н	EALTH & WELL BEING CHECKLIST:	
Н	CHECKLIST: Ate:	
	CHECKLIST:	
	CHECKLIST: Ate: 2 x fruit 3 x vegetable Showered	
0 00	CHECKLIST: Ate: 2 x fruit 3 x vegetable	
0	CHECKLIST: Ate: 2 x fruit 3 x vegetable Showered Moved my body	

TOP 3 TASKS:			
1			
2.			
3.			
5.			
OTHER TASKS /	THINGS TO TELL MY PARTNER:		
HOUSEWORK:	TAKINEK.		
WHAT I DID FOR ME:			
TODAY I AM GRATEFUL FOR:			
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