



Today's Plan

Daily Schedule	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	

Today's Goals
1.
2.
3.
4.
5.

To Do
1.
2.
3.
4.
5.

Meal Plan
Breakfast
AM Snack
Lunch
PM Snack
Dinner

Helpful Hints
Maintain a regular routine with a set wake-up time and bed time.
Eat healthy meals and snacks.
Take breaks throughout the day to exercise.
Get plenty of sleep.