Monday

Date:

Today’s top priorities:

Hydrate

I am grateful for...

What today looks like:

- Morning-
- Lunch-
- Afternoon-
- Night-
- After kids asleep-

Call...

Buy...

1.
2.
3.
4.
Tuesday

Date:

Today’s top priorities:

Hydrate

I am grateful for...

What today looks like:
- Morning-
- Lunch-
- Afternoon-
- Night-
- After kids asleep-

Call:
1.
2.
3.
4.

Buy:
Wednesday

Breakfast

Lunch

Dinner

Date:

Today’s top priorities:

1.
2.
3.
4.

Hydrate

I am grateful for...

What today looks like:

Morning-
Lunch-
Afternoon-
Night-
After kids asleep-

Call:

Buy:
Thursday

Breakfast

Lunch

Dinner

Date:

Today’s top priorities:

Call:
1.
2.
3.
4.

Buy:

Hydrate

What today looks like:
Morning-
Lunch-
Afternoon-
Night-
After kids asleep-

I am grateful for..
Friday

Breakfast

Lunch

Dinner

Date:

Today’s top priorities:

Hydrate

I am grateful for...

What today looks like:

- Morning-
- Lunch-
- Afternoon-
- Night-
- After kids asleep-

Call:

1.

2.

3.

4.

Buy:

1.

2.

3.

4.
Saturday

Date:

Today’s top priorities:

Hydrate

I am grateful for...

What today looks like:
- Morning-
- Lunch-
- Afternoon-
- Night-
- After kids asleep-

Call:
1.
2.
3.
4.

Buy:

Sunday

Breakfast 

Lunch 

Dinner 

Date: 

Today’s top priorities: 

1. 
2. 
3. 
4. 

What today looks like: 

Morning-
Lunch-
Afternoon-
Night-
After kids asleep-

Hydrate

I am grateful for...

Call...

Buy...

1.
2.
3.
4.