

MY 5 GOALS FOR TODAY

Examples: Eat 80g of protein | Move for 30 minutes | Drink 80 oz of water | Spend 1 hour of dedicated family time | Prepare for tomorrow

1	
2	
3	
4	
5	

PLAN YOUR DAY

TIME	PLAN	TIME	PLAN
6:00 AM		2:30 PM	
6:30 AM		3:00 PM	
7:00 AM		3:30 PM	
7:30 AM		4:00 PM	
8:00 AM		4:30 PM	
8:30 AM		5:00 PM	
9:00 AM		5:30 PM	
9:30 AM		6:00 PM	
10:00 AM		6:30 PM	
10:30 AM		7:00 PM	
11:00 AM		7:30 PM	
11:30 AM		8:00 PM	
12:00 PM		8:30 PM	
12:30 PM		9:00 PM	
1:00 PM		9:30 PM	
1:30 PM		10:00 PM	
2:00 PM		10:30 PM	
11:00 PM			

