

Welcome! Use the blank daily planning sheet to get an idea of how it feels to plan your day using a Best Planner Ever.

★ HOW I WILL FEEL GOOD TODAY:

_____ month / day



6:00

7:00

A	8:00
	9:00
B	
	10:00
C	11:00
	12:00
D	
	1:00
Errands:	
Me Time:	2:00
Gratitude:	
Wins:	3:00

Breakfast:

Lunch:

Dinner:

Snacks:

Water:

Sleep: _____ Hrs

Movement: _____
Steps | Minutes | Distance

Supplements:

4:00

5:00

6:00

NOTES

7:00

8:00

You'll never do a whole lot unless you are brave enough to try.

DOLLY PARTON


