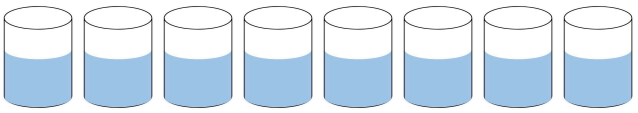
daily planner

DATE:

WATER INTAKE:		Track your water usage by filling in numbers for each glass of water you drink.

GOALS FOR TODAY: Write your goals down so that you keep your motivation!	1 2 3

COMMITMENTS: Keep your schedule straight by writing Down your social, academic & extracurricular commitments.	WHAT	WHERE	WHEN

Meal Plan:

Breakfast:	Lunch:	Dinner:	Snacks: