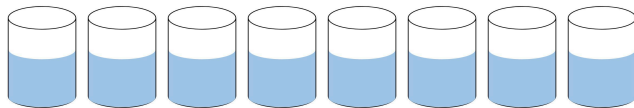


# daily planner

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: