

Daily Planner

DATE: ___/___/___

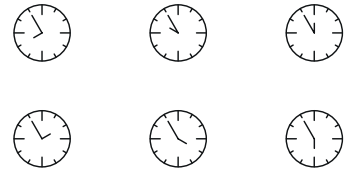
TIMETABLE

LET'S START	✓
7	●
8	●
9	●
10	●
11	●
12	●
13	●
14	●
15	●
16	●
17	●
18	●
19	●

TO-DO LIST

PRIO	TASK	TIME	✓
			●
			●
			●
			●
			●
			●

TAKE A BREAK



I WILL TREAT MYSELF TO

Area for writing a reward or treat. Includes small icons of a padlock, a heart, and a key.

TODAY'S SUCCESSES

Area for writing about today's successes. Includes an illustration of a person carrying a large bundle of items like puzzle pieces, a key, and a heart.

STAY HYDRATED

