

# My Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Daily Routine

Tasks

Appointments

Work

Decisions

Journaling

Date:    /    / 20 \_\_

## 10 Min Space Maintainance

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

It's Okay if you don't complete all the tasks.  
YOU HAVE DONE WHAT YOU COULD!!

## Checklist

<input type="checkbox"/>	<u>Breakfast</u> _____
<input type="checkbox"/>	<u>Lunch</u> _____
<input type="checkbox"/>	<u>Dinner</u> _____

## Water Intake

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Hygine

## Morning Routine

<input type="checkbox"/>	Brush Teeth
<input type="checkbox"/>	Facial Routine
<input type="checkbox"/>	Shower
<input type="checkbox"/>	

## Night Routine

<input type="checkbox"/>	Brush Teeth
<input type="checkbox"/>	Facial Routine

## Reminder

When to Worry

Today

Tomorrow

Another Day

_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

It's better to do one task at a time then none, You do have time and you can do it!!  
You Got This!!

Pick up at store

<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
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<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>

Miscellaneous

Contacts

Priority of The Day - JUST ONE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine
							Tasks
							Appointments
							Work
							Decisions
							Journaling

	Appt 1	Appt 2	Appt 3	Appt 4
WHO				
WHAT				
DATE				
TIME				

### Reminder for Appt 1

### Reminder for Appt 2

### Reminder for Appt 3

### Reminder for Appt 4

PLANNERS DELIGHT

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:


Assignment:


What to be done


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
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<div>Shopping Decisions:</div> <div>WOULD YOU STILL NEED IT 24 HOURS LATER?Y N</div> <div>ARE YOU COMPLETELY RUN OUT OF THE ONE YOU ALREADY HAVE?Y N</div> <div>DOES IT BENEFIT YOUR PHYSICAL/MENTAL HEALTH?Y N</div>							<div>Time Decision:</div> <div>IS IT A SHORT TASK, LOGICALLY?Y N</div> <div>IS IT AN IMPORTANT TASK FOR YOUR PHYSICAL/MENTAL HEALTH?Y N</div> <div>IS IT DOABLE?Y N</div>					
<div>Pro</div>							<div>Con</div>					
<div>Pro</div>							<div>Con</div>					


PLANNERS DELIGHT

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
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## Daily Routine

## Tasks

## Appointments

Work

## Decisions

## Journaling

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling



Monday

Tuesday

Wednesday

Thursday

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Daily Routine

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<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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YOU HAVE DONE WHAT YOU COULD!!

## Checklist

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<input type="checkbox"/>	<u>Lunch</u>
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## Water Intake

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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## Morning Routine

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## Reminder

When to Worry

Today

Tomorrow

Another Day

_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<div></div>	<div></div>	<div></div>	<div></div>
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Deadline:

Assignment:

What to be done

Deadline:

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Deadline:

Assignment:

What to be done

Deadline:

Shopping Decisions:

WOULD YOU STILL NEED IT 24 HOURS LATER?

Y

N

ARE YOU COMPLETELY RUN OUT OF THE ONE YOU ALREADY HAVE?

Y

N

DOES IT BENEFIT YOUR PHYSICAL/MENTAL HEALTH?

Y

N

Time Decision:

IS IT A SHORT TASK, LOGICALLY?

Y

N

IS IT AN IMPORTANT TASK FOR YOUR PHYSICAL/MENTAL HEALTH?

Y

N

IS IT DOABLE?

Y

N

Pro

Con

Pro

Con



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PLANNERS DELIGHT

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PLANNERS DELIGHT

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<div><div>Pro</div><div>Con</div></div>						
<div><div>Pro</div><div>Con</div></div>						

Daily Routine

Tasks

Appointments

Work

Decisions

Journaling

PLANNERS DELIGHT

Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

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Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

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## Decisions

## Journaling

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling

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Daily Routine

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Date:    /    / 20 \_\_

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<input type="checkbox"/>	_____
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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## Reminder

When to Worry

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_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
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Miscellaneous

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Priority of The Day - JUST ONE



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	Appt 1	Appt 2	Appt 3	Appt 4
WHO				
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PLANNERS DELIGHT

Assignment:

What to be done

Deadline:

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Deadline:

Assignment:

What to be done


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
Assignment:


What to be done


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
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PLANNERS DELIGHT												


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
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## Daily Routine

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[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling

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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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## Reminder

When to Worry

Today

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PLANNERS DELIGHT



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PLANNERS DELIGHT

Time Decision:

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## Journaling

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Daily Routine

Tasks

Appointments

Work

Decisions

Journaling

Date:    /    / 20 \_\_

## 10 Min Space Maintainance

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

It's Okay if you don't complete all the tasks.  
YOU HAVE DONE WHAT YOU COULD!!

## Checklist

<input type="checkbox"/>	<u>Breakfast</u> _____
<input type="checkbox"/>	<u>Lunch</u> _____
<input type="checkbox"/>	<u>Dinner</u> _____

## Water Intake

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Hygine

## Morning Routine

<input type="checkbox"/>	Brush Teeth
<input type="checkbox"/>	Facial Routine
<input type="checkbox"/>	Shower
<input type="checkbox"/>	

## Night Routine

<input type="checkbox"/>	Brush Teeth
<input type="checkbox"/>	Facial Routine

## Reminder

When to Worry

Today

Tomorrow

Another Day

_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

It's better to do one task at a time then none, You do have time and you can do it!!  
You Got This!!

Pick up at store

<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>

Miscellaneous

Contacts

Priority of The Day - JUST ONE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine
							Tasks
							Appointments
							Work
							Decisions
							Journaling

	Appt 1	Appt 2	Appt 3	Appt 4
WHO				
WHAT				
DATE				
TIME				

### Reminder for Appt 1

### Reminder for Appt 2

### Reminder for Appt 3

### Reminder for Appt 4

PLANNERS DELIGHT

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling
<div><div><div>Shopping Decisions:</div><div><div>WOULD YOU STILL NEED IT 24 HOURS LATER?</div><div>Y</div><div>N</div></div><div><div>ARE YOU COMPLETELY RUN OUT OF THE ONE YOU ALREADY HAVE?</div><div>Y</div><div>N</div></div><div><div>DOES IT BENEFIT YOUR PHYSICAL/MENTAL HEALTH?</div><div>Y</div><div>N</div></div></div><div><div>Time Decision:</div><div><div>IS IT A SHORT TASK, LOGICALLY?</div><div>Y</div><div>N</div></div><div><div>IS IT AN IMPORTANT TASK FOR YOUR PHYSICAL/MENTAL HEALTH?</div><div>Y</div><div>N</div></div><div><div>IS IT DOABLE?</div><div>Y</div><div>N</div></div></div></div>												
<div><div>Pro</div><div>Con</div></div>												
<div><div>Pro</div><div>Con</div></div>												
PLANNERS DELIGHT												

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

## Daily Routine

## Tasks

## Appointments

Work

## Decisions

## Journaling

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Daily Routine

Tasks

Appointments

Work

Decisions

Journaling

Date:    /    / 20 \_\_

## 10 Min Space Maintainance

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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<input type="checkbox"/>	

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<input type="checkbox"/>	Facial Routine

## Reminder

When to Worry

Today

Tomorrow

Another Day

_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Monday

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Friday

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Miscellaneous

Contacts

Priority of The Day - JUST ONE

Daily Routine

Tasks

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PLANNERS DELIGHT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine
							Tasks
							Appointments
							Work
							Decisions
							Journaling

	Appt 1	Appt 2	Appt 3	Appt 4
WHO				
WHAT				
DATE				
TIME				

### Reminder for Appt 1

### Reminder for Appt 2

### Reminder for Appt 3

### Reminder for Appt 4

PLANNERS DELIGHT

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:

Assignment:

What to be done

Deadline:


Assignment:


What to be done


Deadline:


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PLANNERS DELIGHT												





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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## Daily Routine

## Tasks

## Appointments

Work

## Decisions

## Journaling

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Routine	Tasks	Appointments	Work	Decisions	Journaling

