

DATE: _____

[DAILY PLANNER]

She Can Do It, He Can Do It, I Can Do It! Companion Calendar For 9Health.Com

TODAY'S
FOCUS: _____

Breakfast: 8-10

Lunch: 1-2

Dinner: 4-6

SCHEDULE TODAY

6:00 _____
7:00 _____
8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
1:00 _____
2:00 _____
3:00 _____
4:00 _____
5: 😊 _____
6:00 _____
7:00 _____
8:00 _____

SHOPPING LIST

MAKE TIME FOR:

20/80 Success Rule
 Significant Other
 Children
 Make Next Day Lunch
 Meditation – Me Time
 Exercise – Me Time
 Walk/Hiking – Me Time

Today

Was Successful
 Was Not Successful
 Made It Through

