

DATE:

DAILY TO DO LIST SIMPLIFY

TODAY IS THE DAY FOR	TODAY'S PRIORITIES
7am	<input type="checkbox"/>
	<input type="checkbox"/>
8am	<input type="checkbox"/>
	<input type="checkbox"/>
9am	<input type="checkbox"/>
	<input type="checkbox"/>
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	

DON'T FORGET

FOOD FOR THOUGHT

BREAKFAST	LUNCH	DINNER

WELLBEING TRACKER

	1	2	3	4	5	
TIRED	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	ENERGETIC
DISTRACTED	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	FOCUS
ANXIETY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CALM
NEGATIVITY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	POSITIVITY
SCORE						/ 20