

My Daily Planner



TODAY IS **M T W T F S S** / /
Month Day Year

My current mood is 😊 😐 😞

Last night I got **1 2 3 4 5 6 7 8 9 10** hours of sleep.



THIS IS WHAT'S HAPPENING TODAY!

Class Connect
Academic Activity
Social Activity
Physical Activity
Self-Care Activity
Community Service
Work / Chores

6 AM									
7 AM									
8 AM									
9 AM									
10 AM									
11 AM									
Noon									
1 PM									
2 PM									
3 PM									
4 PM									
5 PM									
6 PM									
7 PM									
8 PM									
9 PM									
10 PM									

I checked my email

☐ This morning

☐ This evening

Today, I am grateful for _____

The things I must get done TODAY

- ☐ _____
- ☐ _____
- ☐ _____



The things I need to do SOON

- ☐ _____
- ☐ _____
- ☐ _____



How did my day go?

☐ I rocked it! ☐ Not bad. ☐ Start fresh tomorrow.

I exercised for **30** mins **45** mins **1** hr **1.5** hrs **2** hrs **more!**

I read for **15** mins **30** mins **45** mins **1** hr **1.5** hrs **more!**

Today, I am most proud of _____

Tomorrow, I plan to

- ☐ _____
- ☐ _____
- ☐ _____