

DATE: _____

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

TOP 3 PRIORITIES

Three horizontal bars of varying shades of teal, intended for writing the top 3 priorities.

To Do

Five horizontal lines for writing a to-do list.

Notes

Five horizontal lines for taking notes.

Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

My goal this week is...

A single wide teal bar for writing a weekly goal.

Daily Reflection

Tomorrow I Aim To...

Three teal bars for writing daily goals for tomorrow.



FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



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