

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 listing tasks to do.

Notes

Five horizontal lines for taking notes.

Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

My goal this week is...

A single wide teal bar for writing the weekly goal.

Daily Reflection

Tomorrow I Aim To...

Three teal bars for writing daily goals for tomorrow.



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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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