

BALANCE

With Love

To do List

IMPORTANT

- _____
- _____
- _____
- _____
- _____

DATE _____

SLEEP

			
			

WATER

			
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Movement

HOW AM I MOVING MY BODY TODAY?

Gratitude

2 THINGS I AM GRATEFUL FOR TODAY?

1
2

TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SCHEDULE

TIME	TASK

TOMORROW'S TASKS

- _____
- _____
- _____
- _____
- _____

NOTES