

# Today's Plan

S M T W T F S S

## 6 MOST IMPORTANT THINGS:

#1

#2

#3

#4

#5

#6

## Get it Done!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today I am grateful for:



## EXERCISE & HEALTH:

WORKOUT       STEP GOAL: \_\_\_\_\_

MEALS:      WATER: 1 2 3 4 5 6 7 8

B \_\_\_\_\_      SUPPLEMENTS: AM PM

L \_\_\_\_\_      BED TIME GOAL: \_\_\_\_\_

D \_\_\_\_\_

## Hello, there!

(Just pick up the phone and call...)

### BOOKING CALLS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### FOLLOW-UP CALLS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes

Praying for...  
Notes to write:

I totally rocked my day!