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Daily Checklist Planner Week of_____

Non-Negotiables	MON	TUES	WED	THURS	FRI	SAT	SUN
2							
2							
3							
4							
5 6							
7							
8							
9							
10							
Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast	_l	I	I	_	I	I	_1
Lunch	_1	_1	I	_l	I	I	_1
Dinner	_1	_1	_1	_	I	I	_I
Snacks	_1	I	_1	_l	I	I	_1
PREP for tomorrow	_1	I	I	_	I	I	_1
Work	MON	TUES	WED	THURS	FRI	SAT	SUN
Top Task							
Results							
Plan Tomorrow	MON	TUES	WED	THURS	FRI	SAT	SUN
Sleep 7-8 hours	_ UP: _ Bed:						
	to						
Action #1							
ACCION #1							
	to	l to	l to	to	l to	l to	l to
Action #2							
ACTION #2							
	to	to	l to	to	to	to	to
Action #3							
ACTION #3							
	Next Call	Highlights	Lowlights	Results	Commitments		Cat food
Accountability			J 10			·	
Partnership							
	I	1					1