

# TO DO LIST

## MORNING

DATE: .....

### IMPORTANT TASKS

[Orange task bar]

[Yellow task bar]

[Orange task bar]

[Yellow task bar]

[Orange task bar]

## AFTERNOON

[Large empty yellow box for afternoon tasks]

### HEALTHY EATING

.....  
.....  
.....  
.....

## EVENING

[Large empty yellow box for evening tasks]

### EXERCISE

.....  
.....  
.....

WATER

