GETTING SHIT DONE

But first,
COFFEE

DAILY PLAN

6.00 .....

7.00 .....

8.00 .....

9.00 .....

10.00 .....

11.00 .....

12.00 .....

13.00 .....

14.00 .....

15.00 .....

16.00 .....

17.00 .....

18.00 .....

19.00 .....

20.00 .....

21.00 .....

TODAY'S GOALS

DRINKS

NOTES

CHECK

- [ ]
- [ ]
- [ ]
- [ ]

HEALTH

- [ ] Exercise
- [ ] Socialise
- [ ] Meal Planning
- [ ] .....

JEA PICS