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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Must Do |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |
| To Do |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |
| Schedule |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Gratitude |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Mood |  |  |  |  |  |  |  |
| Exercise |  |  |  |  |  |  |  |
| Self-care |  |  |  |  |  |  |  |
| Chore/s |  |  |  |  |  |  |  |
| Notes |  |  |  |  |  |  |  |

