

Things to Keep Track of Today:



Must do:

Things to check on:

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

Leftovers from Yesterday:

Ideas to follow up on:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

Put off till tomorrow:

Reward for getting things done:

- _____
- _____
- _____

How did I take care of myself today? _____

