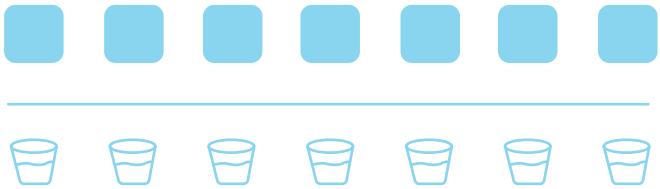
TODAY'S AGENDA

Date: _____

Focus of the day:

To-Do List:

Ideas

Notes

Water Intake: