

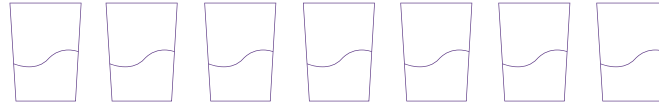
DAILY PLANNER

DAY:

DATE:



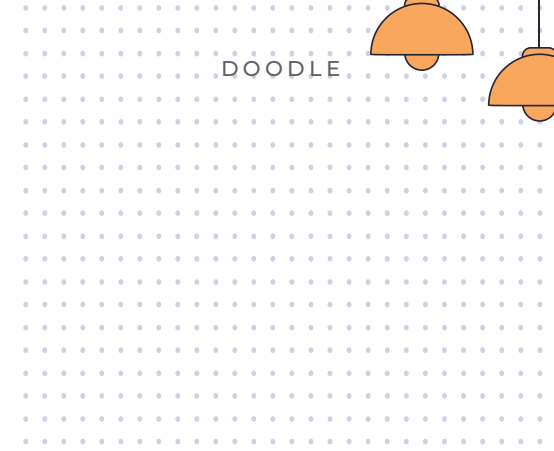
WATER INTAKE:



BREAKFAST

LUNCH

DINNER



IMPORTANT NOTES

FOR TOMORROW

TODAY'S AGENDA



GOOD THING THAT HAPPENED TODAY

