**Daily Schedule** for Mon / Tues / Weds / Thurs / Fri Sat / Sun

|  |  |  |
| --- | --- | --- |
| Physical Activities |  |  |

|  |  |  |
| --- | --- | --- |
| **Morning** | **Tasks**  | **Done?** |
| 8am | Get up, get dressed, get moving!!! | ✔ |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |
| --- | --- |
| Lunch Idea |  |

|  |  |  |
| --- | --- | --- |
| Afternoon |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |
| --- | --- |
| Dinner Idea |  |

|  |  |  |
| --- | --- | --- |
| Evening |  |  |
|  |  |  |
|  |  |  |

**How was my day? EXCELLENT / GOOD / OK / NOT SO GREAT** – So what different tomorrow?