

DAILY PLANNER

HOAI+

DATE _____

GOAL 1	GOAL 2	GOAL 3

WATER/ FOOD / SPORT	
	☐
	☐
	☐

TO DO TODAY
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CHECK THIS	
01	
02	
03	

TODAYS SCHEDULE	
 08:00	
 09:00	
 10:00	
 11:00	
 12:00	
 13:00	
 14:00	
 15:00	
 16:00	
 17:00	
 18:00	
 19:00	
 20:00	
 21:00	
 22:00	
 23:00	

25 	5 	25 	5 	25 	5 	25 	5 	35 	Repeat 
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