



MY

WEEK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

To Do LIST

NOTES

SUNDAY

HELPFUL HINTS

1. MAINTAIN A REGULAR ROUTINE WITH A SET BEDTIME AND WAKE-UP TIME
2. EAT HEALTHY MEALS
3. TAKE BREAKS THROUGHOUT THE DAY TO GO OUTSIDE AND EXERCISE
4. GET PLENTY OF SLEEP

