

MY DAILY Planner

Energised
Minds

Date:

My mood today:



MY GOALS FOR TODAY:

1

2

3

TO DO LIST

(Tick)

THINGS I'M GRATEFUL FOR TODAY

FOR MY MIND (nap, read, meditate, self love)

EXERCISE

How did I move my body today?

Time: _____ Duration: _____

Did I enjoy it? _____

New healthy habits: _____

IMPORTANT NOTES

WATER INTAKE

Aim to have 2-4 liters a day. Each drop is 500ml.

