

A TYPICAL DAY

Productivity

Resources from TEE

DAY:	ACTIVITY	NOTES
5:00		
6:00		
7:00		
8:00		
9:00		
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		

What are my priorities	1. 2. 3.			
Things I'm grateful for today	1. 2. 3.			
Food Planner	Breakfast	Lunch	Dinner	Snack
Water	       			
	total			

