

# daily routine

© the creative mama

## *daily tasks*

- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_

## *taking care of me*

h2o: ☆☆☆☆☆☆☆☆☆

fitness: \_\_\_\_\_

food: 36 35 34 33 32 31 30 29 28

27 26 25 24 23 22 21 20 19

18 17 16 15 14 13 12 11 10

9 8 7 6 5 4 3 2 1



- \_\_\_\_\_
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## *the to do list*

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- \_\_\_\_\_
- \_\_\_\_\_

## *notes*

dinner

start prep at