

Printing Instructions for double-sided printing:

1. Open with Adobe Acrobat Viewer. Download Adobe Acrobat for free from [adobe.com/acrobat](https://adobe.com/acrobat)
2. 2. Select “Actual size” for the printing settings. This works best.
3. 3. Page orientation must be set to landscape.
4. 4. Flip on the short edge.
5. It should form a booklet when done.

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DO NOT PRINT THIS PAGE, IT WILL MESS UP THE PRINT SEQUENCE!

Print from page 2.

# DAILY PLANNER

# The Daily Plan

S M T W T F S

| Time | Appointments |
|------|--------------|
|      |              |

Today's Date:\_\_\_/\_\_\_/\_\_\_

Success is the sum of simple daily habits practiced every day.

| Important Reminders | Water Tracker                                                                                    |  |  |  |  |  |  |  |  |
|---------------------|--------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|
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|                     |                                                                                                  |  |  |  |  |  |  |  |  |
|                     | Exercise                                                                                         |  |  |  |  |  |  |  |  |
|                     |               |  |  |  |  |  |  |  |  |
| Priority Task List  | Meals                                                                                            |  |  |  |  |  |  |  |  |
|                     | B<br>L<br>D                                                                                      |  |  |  |  |  |  |  |  |
|                     | To Buy                                                                                           |  |  |  |  |  |  |  |  |
|                     |                                                                                                  |  |  |  |  |  |  |  |  |
| Notes               |                                                                                                  |  |  |  |  |  |  |  |  |
|                     |                                                                                                  |  |  |  |  |  |  |  |  |

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|                     |                                                                                                  |  |  |  |  |  |  |  |  |
|                     | Exercise                                                                                         |  |  |  |  |  |  |  |  |
|                     |               |  |  |  |  |  |  |  |  |
| Priority Task List  | Meals                                                                                            |  |  |  |  |  |  |  |  |
|                     | B<br>L<br>D                                                                                      |  |  |  |  |  |  |  |  |
|                     | To Buy                                                                                           |  |  |  |  |  |  |  |  |
|                     |                                                                                                  |  |  |  |  |  |  |  |  |
| Notes               |                                                                                                  |  |  |  |  |  |  |  |  |
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|                     | B<br>L<br>D                                                                                      |  |  |  |  |  |  |  |  |
|                     | To Buy                                                                                           |  |  |  |  |  |  |  |  |
|                     |                                                                                                  |  |  |  |  |  |  |  |  |
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|                     | B<br>L<br>D                                                                                      |  |  |  |  |  |  |  |  |
|                     | To Buy                                                                                           |  |  |  |  |  |  |  |  |
|                     |                                                                                                  |  |  |  |  |  |  |  |  |
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|                     |                                                                                                  |  |  |  |  |  |  |  |  |
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|                     |                                                                                                  |  |  |  |  |  |  |  |  |

