



# GET THINGS DONE TODAY!

## DAILY SCHEDULE

- 7:00
- 8:00
- 9:00
- 10:00
- 10:30
- 11:00
- 11:30
- 12:00
- 12:30
- 1:00
- 1:30
- 2:00
- 2:30
- 3:00
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- 4:30
- 5:00
- 5:30
- 6:00
- 6:30
- 7:00
- 7:30
- 8:00
- 8:30
- 9:00
- 10:00

### TO DO LIST

### SCHOOL WORK

#### MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

WATER

#### NOTES

#### BRAIN BREAKS & EXERCISE