To Do List

THREE THINGS PRINTABLE PDF

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Call family																															
Tidy 10 min																															
Practise language																															
Stretch																															
Skincare																															
Eat veggies																															
Floss																															
Sleep by 10:30																															
No takeout																															
Drink 2L water																															
Plan tomorrow																															
Read 20 pages																															
Workout																															
No phone in bed																															

Start date	Streak	Reward

To Do List

THREE THINGS PRINTABLE PDF



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Call family																															
No sugar																															
Budget check																															
Skincare																															
Gratitude																															
Stretch																															
Workout																															
Drink 2L water																															
No phone in bed																															
Vitamins																															

Reflection