

Monday

DATE: \_\_\_\_\_



# PRIORITIES

- 1
  - 2
  - 3



TODAY

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## TO DO



## SCHEDULE



MEALS

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S

D



# SELF-CARE

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Tuesday

DATE: \_\_\_\_\_



# PRIORITIES

- 1
  - 2
  - 3



TODAY

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## TO DO



## SCHEDULE



 MEALS

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www.nature.com/scientificreports/

S

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[View Details](#) | [Edit](#) | [Delete](#)

D



# SELF-CARE

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Wednesday

DATE: \_\_\_\_\_

# PRIORITIES

- 1
  - 2
  - 3

## TO DO



# SELF-CARE

- 

 TODAY

- ---

## SCHEDULE

 MEALS

- B

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D

Thursday

DATE: \_\_\_\_\_

## PRIORITIES

- 1
  - 2
  - 3

TO DO



# SELF-CARE

- ---

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TODAY

- ---

## SCHEDULE



 MEALS

- B

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Friday

DATE: \_\_\_\_\_

# PRIORITIES

- 1
  - 2
  - 3

## TO DO



# SELF-CARE

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TODAY

- \_\_\_\_\_

\_\_\_\_\_

## SCHEDULE



 MEALS

- B

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# Saturday

DATE: \_\_\_\_\_

# PRIORITIES

- 1
  - 2
  - 3

## TO DO



# SELF-CARE

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 TODAY

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## SCHEDULE



 MEALS

- B

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D

# Sunday

DATE: \_\_\_\_\_

## PRIORITIES

- 1
  - 2
  - 3

## TO DO



# SELF-CARE

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 TODAY

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## SCHEDULE



MEALS

- B

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