

Let's get things done today! ✨

date

WATER

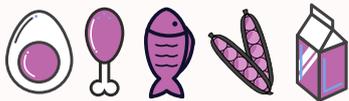


APPOINTMENTS

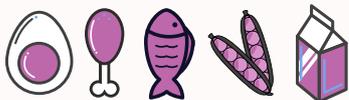
THINGS TO BUY

PROTEIN

BREAKFAST



LUNCH



DINNER



TO DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



BEST QUOTE



NOTES

