



FOCUS • PLAN • ACHIEVE

DAILY PLANNER

— FOR UNIVERSITY STUDENTS —

Discipline
today,
Success
tomorrow!

DATE: ____ / ____ / ____

MON TUE WED THU FRI SAT SUN

TODAY'S FOCUS / GOAL:



SCHEDULE

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM



TOP PRIORITIES (Must Do)

1

2

3

☐☐☐

TODAY'S TASKS

TASK

DUE

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STUDY PLAN

SUBJECT / COURSE

TOPIC TO STUDY

TIME BLOCK
(e.g. 1hr)



APPOINTMENTS / CLASSES

TIME

EVENT

:

:

:



DON'T FORGET

☐☐

DAILY HABITS

AM

PM



Drink Water

☐☐

Exercise / Move

☐☐

Eat Healthy

☐☐

Read / Learn

☐☐

Meditate / Relax

☐☐

No Social Media (study time)

☐☐

SELF-CARE CHECK

How did I take care of myself today?

Mood Today:



NOTES / IDEAS / REMINDERS



TODAY'S WINS

*

*

*



WHAT CAN I IMPROVE TOMORROW?

*

*

*

RATE YOUR DAY

1 (Not good)

5 (Excellent)

1

2

3

4

5



ONE DAY AT A TIME. CONSISTENCY TODAY, SUCCESS TOMORROW.

