

SUMMER DAILY PLANNER

DATE: _____

DAY: _____

TOP PRIORITIES

1 _____

2 _____

3 _____

TO DO LIST

☐☐☐☐☐☐☐☐☐☐☐☐

HYDRATE!



Drink 8 glasses
of water today!

TODAY'S 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

MEALS

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACKS: _____

SELF-CARE TIME

Today I will do something
kind for myself:



I'M GRATEFUL FOR

1. _____

2. _____

3. _____

NOTES & REMINDERS

Make today
amazing!