	SCHEDULE 6am		SCHEDULE 6am
0010	7am		7am
216	8am		8am
✓ To-Do List	9am	✓ To-Do List	9am
	10am		10am
	11am		
	Noon		Noon
	1pm		1pm
Health/Fitness Water (box = 16oz)	2pm		2pm
	3pm		3pm
	4pm	Health/Fitness	4pm
	5pm	Water (box = 16oz)	5pm
Aerobic	6pm		6pm
Strength Flexibility	7pm	Strength Flexibility	7pm
Mindfulness	8pm	Mindfulness	8pm
NOTES:		NOTES:	
	ole Luxuries:	Expenses: Simp	ple Luxuries: