

10%

Walk

**THE 1% BETTER
DAILY PLANNER**

10%

1% BETTER DAILY PLANNER

DATE:



MOOD:



“ ”

EXERCISE:



| | |
|----------------|--|
| TOTAL MINUTES: | |
| TOTAL STEPS: | |

WATER INTAKE:



MEAL TRACKER:

| | |
|------------|---------|
| BREAKFAST: | LUNCH: |
| DINNER: | SNACKS: |

TODAY I AM GRATEFUL FOR:

My husband, family and friends
A roof over my head

Coffee

QUARTERLY GOALS

HEALTH GOALS

Learn to like coffe black

Follow 16-8 IF

Eat a more balanced diet

WEALTH GOALS

Get 20+ units per day

Fill out 401 K

Make my salary in passive income

RELATIONSHIP GOALS

Make new friends in the area I live

WEATHER:



BIG ROCKS

TO CALL OR EMAIL:

571-422-0871

hannah@hudhomesdept.com

NOTES:

FOR TOMORROW:

MONDAY

1% BETTER DAILY
PLANNER

TODAY'S *Date* 09/18/23 ,

BIG ROCKS

Write your top three goals for the day.

1 Copy and paste emails to word document

2 Gym

3 Floss

TO-DO LIST

Check off your tasks throughout the day.

Clean Apartment

Get Dressed

Edit budget. Check Rocket app

Copy and paste emails to word document

Cook dinner

Eat dinner

Schedule appointment to donate platelets

Clean out car

Clean living room

Get ready for bed

Bed

SCHEDULE

Map out your full schedule.

6AM

7AM

8AM

9AM Drive to CAMS

10AM Meeting with principal

11AM Meeting with principal

12PM CB

1PM CB

2PM Drive to TF

3PM TF

4PM TF

5PM Drive home

6PM

7PM

8PM

9PM

10PM

11PM

Monday

WEDNESDAY

1% BETTER DAILY
PLANNER

TODAY'S *Date* / /

BIG ROCKS

Write your top three goals for the day.

1

2

3

TO-DO LIST

Check off your tasks throughout the day.

0

0

0

0

0

0

0

0

0

0

0

SCHEDULE

Map out your full schedule.

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM



THURSDAY 1% BETTER DAILY PLANNER

TODAY'S *Date* / /

BIG ROCKS

Write your top three goals for the day.

- 1 _____
- 2 _____
- 3 _____

TO-DO LIST

Check off your tasks throughout the day.

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

SCHEDULE

Map out your full schedule.

- 6AM _____
- 7AM _____
- 8AM _____
- 9AM _____
- 10AM _____
- 11AM _____
- 12PM _____
- 1PM _____
- 2PM _____
- 3PM _____
- 4PM _____
- 5PM _____
- 6PM _____
- 7PM _____
- 8PM _____
- 9PM _____
- 10PM _____
- 11PM _____



FRIDAY

1% BETTER DAILY
PLANNER

TODAY'S *Date*

/ /
Type text here

BIG ROCKS

Write your top three goals for the day.

1

2

3

TO-DO LIST

Check off your tasks throughout the day.

SCHEDULE

Map out your full schedule.

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM



SATURDAY

1% BETTER DAILY
PLANNER

TODAY'S *Date* / /

BIG ROCKS

Write your top three goals for the day.

1

2

3

TO-DO LIST

Check off your tasks throughout the day.

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0

0

0

0

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0

0

0

SCHEDULE

Map out your full schedule.

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM



SUNDAY

1% BETTER DAILY
PLANNER

TODAY'S *Date* / /

BIG ROCKS

Write your top three goals for the day.

1

2

3

TO-DO LIST

Check off your tasks throughout the day.

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SCHEDULE

Map out your full schedule.

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM

