# **Today's Action Plan:**

Day / Date:	

#### May 2020

Sun	Мо	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
21						

Time	Schedule	Today's Inspiration: PLAN ▼
:		"Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from
:		bumps in the road as well as failures, you should focus on emphasizing the positive."
:		- Jean Chatzky
:		
:		Check Priorities & Other To Dos
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:		
:		Exercise Tracker (Type, time, intensity)
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:		
	Notes & Brilliant Ideas!	
		Meal Tracking (meal, calories, water consumption)



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Day / Date:		
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М	onth	1:

Sun	Мо	Tue	We	Thu	Fri	Sat

Time	Schedule	Today's Inspiration
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:		Check Priorities & Other To Dos
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:		Exercise Tracker (Type, time, intensity)
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	Notes & Brilliant Ideas!	
		Meal Tracking (meal, calories, water consumption)

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- Brilliant Ideas area for inspirational thoughts
- Attention-grabbing Check-list
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