

daily planner



6am

non-negotiables

notes:

7am

-

8am

-

9am

-

10am

gratitude

11am

-

12pm

-

1pm

-

2pm

affirmations

3pm

-

4pm

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5pm

-

6pm

7pm

8pm

FISHER
FITNESS

daily planner



quick to dos (< 5 mins)

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tasks (5 - 15 mins)

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-

projects (30 mins+)

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-
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-
-

events / to remember

-
-
-

non - negotiables

-
-
-