





Planning Tools made by Kristina Brooke

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## TO-DO LIST

Date: \_\_\_\_\_ Items Completed \_\_\_\_\_

1.  \_\_\_\_\_  
*Eat Breakfast & Look over list*
2.  \_\_\_\_\_
3.  \_\_\_\_\_
4.  \_\_\_\_\_
5.  \_\_\_\_\_
6.  \_\_\_\_\_
7.  \_\_\_\_\_
8.  \_\_\_\_\_  
*Eat Lunch & Look over remaining items*
9.  \_\_\_\_\_
10.  \_\_\_\_\_
11.  \_\_\_\_\_
12.  \_\_\_\_\_
13.  \_\_\_\_\_
14.  \_\_\_\_\_
15.  \_\_\_\_\_  
*Eat Dinner & Create tomorrow's To-Do List*

**NOTE:** If you don't have enough items to fill the lines between meals, add something that YOU like doing (like getting a latte or a smoothie or hugging your children)

**REMINDER:** Add unchecked items to tomorrow's To-Do List. Create your list BEFORE going to bed.