Top 3 goals for the day:

__________________________
__________________________
__________________________

Take care of yourself:
- Drink plenty of water
- Eat 2 c of fruit
- Eat 2.5 c veggies
- Alone time to recharge
- 15 mins quality time with each child
- Hug your partner
- Stretch/Exercise

Tasks for:

Breakfast:

Lunch:

Dinner: