

# Day Planner

<b>Date &amp; Day</b>				
<b>Thought or Target for the day</b>				
<b>Shopping list</b>			<b>Exercise Plan for the day</b>	
<b>Item</b>	<b>Done? Y/N</b>			
			<b>Breakfast Plans for the day</b>	<b>Time &amp; Place</b>
			<b>Lunch Plans for the day</b>	<b>Time &amp; Place</b>
			<b>Dinner Plans for the day</b>	<b>Time &amp; Place</b>
<b>Today's appointments</b>				
<b>With</b>	<b>Time</b>	<b>Place</b>	<b>Subject</b>	<b>Notes</b>
<b>To Do List</b>				
<b>Task</b>		<b>Done? Y/N</b>	<b>Notes</b>	