

Daily Planner:

Use this template to help you plan how you will structure each day. Think about what tasks you **need** to do the following day, and what other activities you would **like** to do.

Date	Activities	My Plan <i>How and When?</i>
 What work do I need to complete?		
 What are my fun activities?		
 Who can I connect with?		
 What's my exercise plan?		
 How do I plan on relaxing?		
 What gives me a sense of achievement?		
 Am I going to learn something new?		