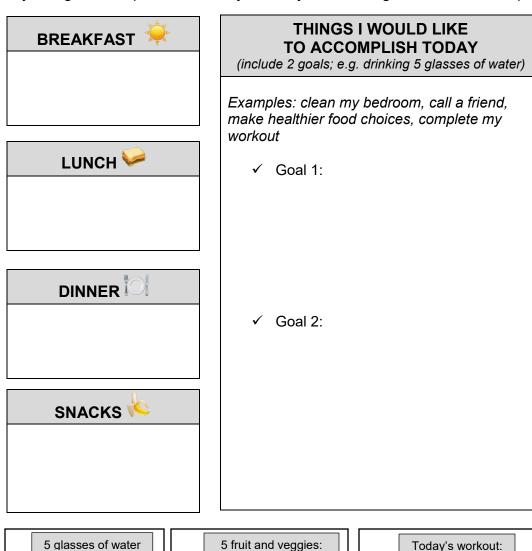
## **Building a Routine at Home**



Try using this template to fill out your daily tasks and goals, and make a plan for your day!

Today's workout:



5 glasses of water

MY DAILY PLAN	
8:00 a.m.	
9:00 a.m.	
10:00 a.m.	
11:00 a.m.	
12:00 p.m.	
1:00 p.m.	
2:00 p.m.	
3:00 p.m.	
4:00 p.m.	
5:00 p.m.	
6:00 p.m.	
7:00 p.m.	
8:00 p.m.	
9:00 p.m.	
10:00 p.m.	