

TODAY IS...

Three empty rectangular boxes for writing the date and day.

SCHEDULE

Vertical time axis with labels from 7.00 to 10.00 and horizontal lines for scheduling.

TO-DO

Vertical list of ten items, each with a radio button and a rectangular box for notes.

Large rectangular area for notes or additional tasks.

MEALS

Vertical list of four meal slots labeled B, L, D, and S, each with a dark header box and a light content box.

WATER INTAKE

Row of eight water drop icons for tracking water intake.

NOTES

Horizontal lines for writing notes.

