

# today's power sheet

DATE:



## MEALS:

BREAKFAST

LUNCH

DINNER

## TOP 3 TASKS

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## APPOINTMENTS

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## HYDRATION

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## CHORES

## QUOTE OF THE DAY

## RUNNING TO - DOS

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## TOMORROW

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## NOTES

