

SENYUVAPREP



MYDAILYROUTINE

	20 MIN EXERCISE	10 MIN MEDITATION	30 MIN HOBBY	8 HOURS SLEEP
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SENYUVAPREP



MYDAILYROUTINE

**TODAY'S BIGGEST GOAL:**

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**TODAY'S PLAN:**

**MORNING**

**NOON**

**EVENING**

**I DRANK WATER!**



**I AIRED THE HOUSE!**



**I TIDIED UP MY ROOM!**



**I TOOK A SHOWER!**

