



BETTER ME
AT 5280

Day of the Week: _____ Date: _____

Today's Appointments:

_____	_____
_____	_____
_____	_____
_____	_____

Today's Top 3 Priorities: (Priority: Deadlines first, then things you are most likely to put off next)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

People I need to reach out to:

People I am waiting on:

Parking lot and social media ideas:

Personal Space: