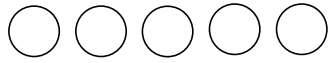


# LA MIA GIORNATA

UMORE



ENERGIA



CLIMA



SVEGLIA ALLE \_\_\_\_\_

TOT. ORE SONNO \_\_\_\_\_

DATA \_\_\_\_\_

L M M G V S D

FRASE DEL GIORNO

Four horizontal dashed lines for writing the phrase of the day.

OBIETTIVI DEL GIORNO

Three numbered horizontal dashed lines for writing daily objectives.

ESERCIZIO FISICO

ATTIVITÀ	TEMPO
_____	_____
_____	_____
_____	_____
_____	_____

GLI APPUNTAMENTI DI OGGI

ORARIO	
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DA RICORDARE ASSOLUTAMENTE

Five horizontal dashed lines, each starting with a small square box for a checklist.

MEDICINE / INTEGRATORI

Eleven horizontal dashed lines, each starting with a small square box for a checklist.

COLAZIONE

Three horizontal dashed lines for breakfast notes.

PRANZO

Three horizontal dashed lines for lunch notes.

CENA

Three horizontal dashed lines for dinner notes.

SPUNTINI

Three horizontal dashed lines for snack notes.

ACQUA



FRUTTA / VERDURA

