This week: 3 things a day

Week of: _____

Monday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Tuesday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Wednesday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Thursday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Friday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Saturday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Sunday

1 _____ ☐
2 _____ ☐
3 _____ ☐

Plan each day the evening before. Three tasks, no fourth.