

Thursday

DATE :

www.followthedash.com

SCHEDULE	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	

GOALS	
1	☐
2	☐
3	☐
TO DO LIST	
	☐
	☐
	☐
	☐
	☐
	☐
MEALS	
B	
L	
D	
S	