

To Do WorkSheet

Me

Date:

- Exercise: Walk
- Exercise: Body Weight
- Exercise: Cardio
- Meditate
- Breathe
- Engage
- Activate
- Anti-Alz

Words

- Fiction
- SGF
- DGG
- D.G.

Marketing

- Project Name
- Progress

Education

- What did I learn

Admin

- Admin - what did I accomplish