

ousa *student support* DAILY PLANNER

S M T W T F S

Date: _____

SCHEDULE

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

DAILY HABITS

- Drink 2L of water
- Morning fresh air break
- Afternoon fresh air break
- Speak to a friend/family member
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TO-DO LIST (UNI)

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TO-DO LIST (LIFE ADMIN)

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