GSD SHEET

DATE _____

SCHEDULE

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

TOP PRIORITIES

TO DO

WATER GOAL:

MEALS:

BREAKFAST

LUNCH

DINNER

WORKOUT

NOTES