



The to-do list for the day.

MORNING

- ☐ I got up at 7-8 in the morning.
- ☐ Performed hygienic procedures.
- ☐ I made a nutritious breakfast.
- ☐ Completed 1-2 study assignments.

Afternoon

- ☐ I read the literature on the topic.
- ☐ I cooked lunch.
- ☐ I wrote a section of the term paper.

Evening

- ☐ I walked for 1 hour.
- ☐ I cooked dinner.
- ☐ Performed hygienic procedures.
- ☐ Going to bed at 23:00

Создано с помощью онлайн сервиса Чек-лист | Эксперт: <https://checklists.expert>

как это убрать?