



The to-do list for the day.

1. MORNING

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

2. Afternoon

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

3. Evening

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

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

как это убрать?