

# My Plans for Today

## Things to Do

- put washing on
- work emails
- renew library books
- shopping list
- clean bathroom
- 
- 
- 
- 
- 
- 
- 
- 
- 

## Today's Activities

10 am online yoga

11.30 am Call Dave and Sue

1.30 pm go for walk

4 pm Make birthday card for  
mum

6 pm check diary for  
tomorrow

8 pm online book club

## Food and Drink Tracker



cereal & juice



cheese salad sandwich



pie & veg

