Dr. Helen Wall
MEDICAL MEDIA

Beautifully Wired VIP Daily Planner

"Dr Helen Wall is a familiar face and trusted voice in UK health media. As a resident GP on BBC Breakfast and Woman Magazine she regularly provides expert insights on current health issues, offering practical advice to viewers nationwide."

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Monday

DAILY PLANNER

Todays date: _____ Mood:

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:

Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Done is better than perfect.”

For tomorrow:

Notes:

Tuesday

DAILY PLANNER

Todays date: _____ Mood:

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:

Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Start small. Momentum will follow.”

For tomorrow:

Notes:

Wednesday

DAILY PLANNER

Todays date: _____ **Mood:**

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:
Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Progress counts, even if it’s messy.”

For tomorrow:

Notes:

Thursday

DAILY PLANNER

Todays date: _____ **Mood:**

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:
Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Your brain isn’t broken - it’s different.”

For tomorrow:

Notes:

Friday

DAILY PLANNER

Todays date: _____ **Mood:**

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:
Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Focus on starting, not finishing.”

For tomorrow:

Notes:

Saturday

DAILY PLANNER

Todays date: _____ **Mood:**

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:
Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“You don’t need motivation - just a first step.”

For tomorrow:

Notes:

Sunday

DAILY PLANNER

Todays date: _____ Mood:

To do list:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals:

- ☐ _____
- ☐ _____
- ☐ _____

Reminders:

- ☐ _____
- ☐ _____
- ☐ _____

Water intake:

Meal tracker:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise:

Total minutes:

Today I am grateful for:

_____

_____

_____

Appointments:

- ☐ _____
- ☐ _____
- ☐ _____

“Start ugly. You can fix it later.”

For tomorrow:

Notes: