



MEOW DAILY WORKSHEET TO REDEEM TIME

Date: _____ Day of week _____ (If weekly activity day, add to obligations)

Do Weekly (meal plan-Wed, grocery shop-Thurs, blog post-Sun) _____

Timeline

12 am

1

2

3

4

5

6

7

8

9

10

11

12 pm

1

2

3

4

5

6

7

8

9

10

11

Meals

Feed the Spirit: Bible Time _____ *When: _____

Feed the Body:

FRUIT

GOOD VEGGIES

GRAIN/STARCHY VEGGIES

PROTEIN

DAIRY

When: _____

When: _____

When: _____

When: _____

Breakfast

Lunch

Dinner

Snack

Exercise

What _____ How long: _____ When: _____

Other Obligations today :

When:

Appointments _____

Away from home _____

At home _____

Online/Computer work _____

Check email _____

Calls _____

Plan next day _____

Want to do

Redeemed Time/ **(utilize multi-tasking to gain more time)



* Block off "when's" on timeline **multi-task opportunity