

DAILY ROUTINES

PART 3:

| Do you think people need to have a day-to-day plan?

a balanced lifestyle	carve out time	fit in	on your plate
make time for	skipping workouts	slip through	stay on track

I absolutely believe that people need to have a day-to-day plan. It's one of those things that helps you (1) _____, especially when you have a lot (2) _____. A well-structured plan is like a roadmap — it guides you through your day and ensures that you don't miss anything important. I've found that when I plan my day in advance, I'm much more productive and can (3) _____ both work and personal tasks without feeling overwhelmed.

Having a daily plan is especially important if you have a busy schedule or are trying to establish healthy habits. **For example**, if you're trying to maintain (4) _____, it's crucial to (5) _____ for exercise, meal prep, and relaxation. Without a plan, it's easy to let your health and well-being (6) _____ the cracks, and before you know it, you'll find yourself (7) _____ or eating unhealthy foods because you didn't (8) _____ them. **As a result**, planning is definitely key to living a healthy lifestyle.

| Do you think people can still do their tasks if they don't plan them?

back burner	get things done	in order	lose focus
mapped out	set aside	sticking to	with the flow

That being said, I do think some people can still (9) _____ without a strict plan. **For example**, those who are more spontaneous or flexible might not need to have every hour (10) _____. They may be able to just go (11) _____ and still get their tasks done, especially if they have a good sense of what needs to be done. **However**, for most people, it's easy to get distracted or (12) _____ if they don't have a clear structure to follow.

For me, I've learned that planning is essential, especially when it comes to (13) _____ healthy habits. **For instance**, if I don't schedule my workouts, I tend to push them to the (14) _____. However, when I (15) _____ time in my daily plan, I'm much more likely to follow through. **Therefore**, while I think some people can function without a plan, having one definitely helps keep everything (16) _____ and ensures that nothing gets overlooked.