
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.