



WAKE: How well did I sleep? 1 2 3 4 5	Today's Date:
What am I grateful for this morning?:	Notes:
WORKOUT #1: (60 minutes) What workout did I do?:	
BREAKFAST: What did I eat?:	
PERSONAL DEVELOPMENT: (30 minutes) What did I do?:	
Biggest Takeaway:	
WORK BLOCK #1: (3 hours) What were my top 3 projects?: 1:	
2:	
3:	
RECALIBRATE: 15 minutes	
LUNCH #1: What did I eat?:	
WORK BLOCK #2: (3 hours) What were my top 3 projects?:	
1:	
2:	
3:	

	RECALIBRATE: 15 minu	utes	Notes:
LUNCH #2: What did I e	at?:		
WORK BLOCK #3: (2 ho	ours) What were my top 2 pr	ojects?:	
1:			
2:			
WORKOUT #2: (30 min	utes) What workout did I do?)·	
	RECALIBRATE: 15 minu	utes	
DINNER: What did I eat?). ·		
FAMILY & RELATIONS	SHIPS: What did I do?:		
AFTER ACTION REPO	RT: Did I EARN IT today?:		
THE BATTLEGROUND:		THE DACE:	
YES NO	THE BOARDROOM: YES NO	THE BASE: YES NO	
How will I EARN IT more	tomorrow?		
What am I grateful for thi	s evening?:		
SLEEP			

