

WAKE: *How well did I sleep?* | 1 | 2 | 3 | 4 | 5 |

What am I grateful for this morning?:

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: _____

Today's Date:

Notes:
