Day: _____ Date: _____ Goal Wakeup Time: _____ Actual Wakeup Time: _____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO NOT DO

	Didn't do	Did a bit	Binged

Want To Do List - Goals

	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important

Don't Want To Do List - Distractions

	Didn't do	Did a bit	Binged

Have To Do List - Responsibilities

	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important
	Urgent / Important

Like To Do List - Fun & Activities

Schedule

TIME	