

Day: _____ Date: _____

Goal Wakeup Time: _____ Actual Wakeup Time: _____

MOST IMPORTANT THING TO DO

MOST IMPORTANT THING TO NOT DO

	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>
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Want To Do - Goals	Urgent Important	TIME	Schedule
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		

Have To Do - Responsibilities	Urgent Important	TIME	Schedule
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		

Like To Do - Fun & Activities	Urgent Important	TIME	Schedule
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		
<input type="checkbox"/>	Urgent <input type="radio"/> Important <input type="radio"/>		

Don't Want To Do - Distractions	Urgent Important	TIME	Schedule
	Urgent <input type="radio"/> Important <input type="radio"/>		
	Urgent <input type="radio"/> Important <input type="radio"/>		
	Urgent <input type="radio"/> Important <input type="radio"/>		
	Urgent <input type="radio"/> Important <input type="radio"/>		

Review Your Day

Rate Your Day: ____ / 100

Productivity: [1 2 3 4 5]

Responsibility: [1 2 3 4 5]

What prevented an ideal day? What can you do better tomorrow?

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