

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

9 MOST IMPORTANT THING TO DO

6 MOST IMPORTANT THING TO NOT DO

	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>
--	------------------------------------	------------------------------------	---------------------------------

Want To Do List - Goals

Don't Want To Do List - Distractions

<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"/>

	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>
	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>
	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>
	Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>

Have To Do List - Responsibilities

<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 List - Fun & Activities

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Schedule

TIME	

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?
