

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Goal Wakeup Time: \_\_\_\_\_ Actual Wakeup Time: \_\_\_\_\_

<b>9 MOST IMPORTANT THING TO DO</b> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>		<b>6 MOST IMPORTANT THING TO NOT DO</b>		
		Didn't do <input type="radio"/>	Did a bit <input type="radio"/>	Binged <input type="radio"/>

## Want To Do List - Goals

[illegible]

## Have To Do List - Responsibilities

[illegible]

## Like To Do List - Fun & Activities


## Don't Want To Do List - Distractions

	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"/>

TIME	Schedule
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100	100

This image shows a blank sheet of white paper designed for handwriting practice. It features a series of horizontal dashed lines spaced evenly down the page. A single vertical solid line runs parallel to the left edge, creating a narrow margin. The rest of the page is open space between the margin line and the right edge, bounded by the horizontal dashed lines.

## 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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