







Day & Date:

Awake At:

MOST IMPORTANT THING TO DO	MOST IMPORTANT THING TO AVOID
<div data-bbox="174 103 201 107"></div>	<div data-bbox="856 103 883 107">✓</div> <div data-bbox="883 103 909 107">✗</div>

Goals

Distractions

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

Responsibilities

[illegible]

TIME	Schedule
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[illegible]

Fun

Review Your Day



Productivity

1
2
3
4
5

 **Reading**

Fitness

 **Nutrition** ☒ ☐

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