

Date:

8/25/2025

7:00

1. Brush teeth
(Morning)
2. Shower
3. Moisturize
4. Shave
5. Make bed
6. Floss (morning)
7. Apply Chapstick
8. Take ADHD Meds
9. Put on posture tracker
10. Finasteride
11. Trim fingernails
12. Aftershave
13. Style hair
14. Apply deodorant
15. Apply cologne
16. Meditate
17. Minoxidil (morning)

10:00

18. Clean bathroom
19. Clean toilet
20. Laundry
21. Sweep
22. Mop wooden floor
23. Groceries

17:00

24. Clean counters,
handles
25. Pick up stray objects
26. Do dishes
27. Take out
trash/recycling

18:00

28. Minoxidil (evening)

20:00

29. Make fiber
30. Brush teeth
(evening)
31. Floss (evening)

Any time

today:

32. Schedule haircut
33. Use ketoconazole
shampoo
34. Clean microwave
35. Clear fridge
36. Work out
37. Book event venue
38. write vows at
Vintage
39. Stretch
40. Take creatine