

### TOP 3 PRIORITIES THIS WEEK

1. Shift wake-time toward **10:30 AM** (Sleep & Energy)
  2. Complete **3 × 45-min NVIDIA Cert #1 study blocks** (ML Deep Work)
  3. Replace breakfast with **whole-food plate** and **log cigarette cravings** (Nutrition & Habit)
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### DAILY PLAN – Tue • Jul 1 2025

#### TOP 3 PRIORITIES

- ☐ 45-min NVIDIA Cert #1 study (Morning) #CareerGrowth #Machine-Learning
- ☐ 30-min body-weight workout (Evening) #Health
- ☐ Balanced breakfast (overnight oats) #Balance

#### TIME-BLOCK SCHEDULE (12-hour format)

Time	Activity & Intent	Tags
	Wake, hydrate, 5-min stretch	#Health
	<b>Quick shower + mindful breathing</b>	#Health
	2-min intention & gratitude note	#Balance

Breakfast: #Balance

Lights-out target #Health

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## FOOD PLAN

- **Breakfast (12:30 PM):**
- **Lunch (4:30 PM):**
- **Evening Snack (7 PM):**
- **Dinner (8:15 PM):**

**Optional grocery add-ons:** eggs, leafy greens, bell peppers, dal, yogurt, assorted veggies.

## EXERCISE PLAN (6:30 PM – 7:00 PM)

1. **Warm-up:** 3-min jump rope
2. **Circuit** – 3 rounds (40 s work:20 s rest) • 12 push-ups • 15 air squats • 30-sec plank • 12 walking lunges (each leg) • 10 burpees
3. **Cool-down:** 5-min full-body stretch

## HABIT CHECKLIST

- ☐ Wake at 11:30 AM target
- ☐ **Morning Ritual completed** (shower + intention)
- ☐ **Log cravings** (count / intensity)
- ☐ Smoke-free day **or** cigarettes baseline
- ☐ Balanced meals (B / L / D)
- ☐ Exercise completed
- ☐ Expenses logged

## ACTUAL TIMINGS LOG (Fill After Day)

Planned Block	Planned Start	Actual Start	Actual End	Notes
Wake & stretch	11:30 AM			
Shower & breathing	11:35 AM			
Intention note	11:50 AM			
ML Focus	11:55 AM			
Breakfast	12:40 PM			
Office Work	2:00 PM			
Lunch	4:30 PM			
Workout	6:30 PM			
Dinner	8:15 PM			
Cycle	9:00 PM			
Reflection	10:00 PM			
Lights-out	2:00 AM			

## END-OF-DAY REFLECTION

- **Wins:** ...

- **Challenges:** ...
- **Gratitude:** ...

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*Sync completed tasks to the main Horizon Planner Tracker during nightly reflection or Sunday review.*