

## Daily focus track

Date	The number of times I lose focus in 30 minutes duration.
15 <sup>th</sup> Feb	20 times
16 <sup>th</sup> Feb Morning	17 times
16 <sup>th</sup> Feb Evening	18 times
17 <sup>th</sup> Feb	14 times
18 <sup>th</sup> Feb	10 times