Founder's Journal

Welcome to your Journal. I designed it to help you work better. I hope it will help you take control of your work and unlock the incredible productivity you have within by focusing your energy in the right places. – *David Singleton, March 2016*.

I recommend taking a few minutes to review the guide and videos at `http://singleton.io/gettingstarted` to help you get the most out of your Journal.

If you'd like to help me make the Journal better, I'd love your feedback at `http://singleton.io/feedback`

My Owner

Name

Contact Details

2018

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2018 Objectives

Annual Objective

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Key Results

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Annual Objective

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Key Results

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Annual Objective

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Key Results

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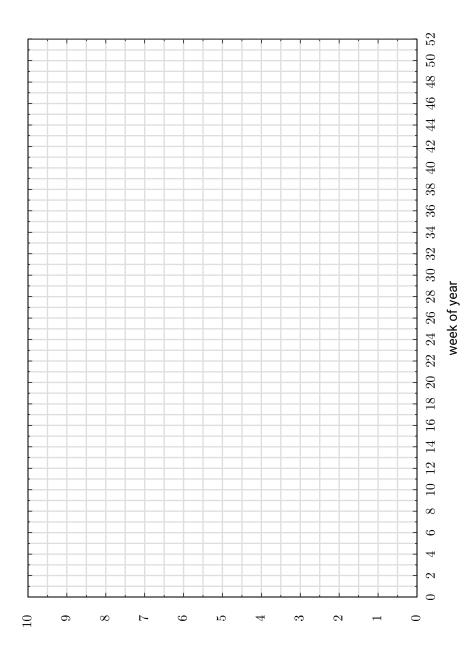
Annual Objective

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Key Results

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52 week metrics

week of year

52 week metrics

10
9
8
7
6
5
4
3
2
1
0

0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52

week of year
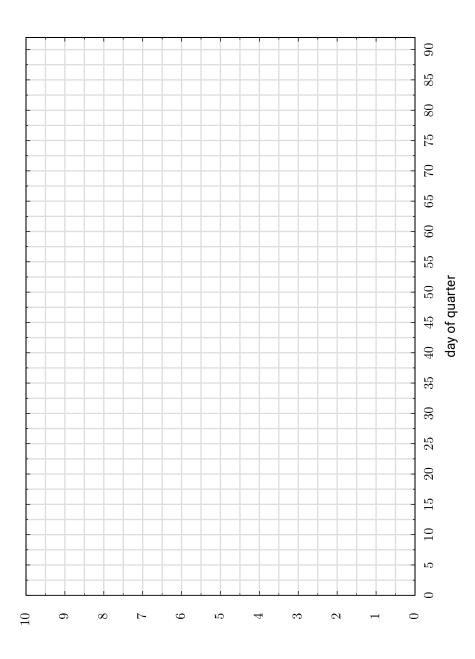
How to use: http://singleton.io/52wk

Q1 Objectives

Objective & Key Results

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Objective & Key Results

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Objective & Key Results

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Daily metrics

day of quarter

January

	Monday	Tuesday	Wednesday
	1	2	3
	8	9	10
	15	16	17
	22	23	24
	29	30	31

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

2018

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

February

☀ ⊶	Monday	Tuesday	Wednesday
	29	30	31
	5	6	7
	12	13	14
	19	20	21
	26	27	28

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2018

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
1	2	3	4

March

	Monday	Tuesday	Wednesday
	26	27	28
	5	6	7
	12	13	14
	19	20	21
	26	27	28

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

2018

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	1

Q2 Objectives

Objective & Key Results

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Objective & Key Results

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Objective & Key Results

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Daily metrics

day of quarter

April

	❈ ➥	Monday	Tuesday	Wednesday

❈ ➥	Monday	Tuesday	Wednesday
	26	27	28
	2	3	4
	9	10	11
	16	17	18
	23	24	25
	30		

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2018

Thursday	Friday	Saturday	Sunday
29	30	31	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

May

	Monday	Tuesday	Wednesday
	30	1	2
	7	8	9
	14	15	16
	21	22	23
	28	29	30

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2018

Thursday	Friday	Saturday	Sunday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3

June

Monday	Tuesday	Wednesday
28	29	30
4	5	6
11	12	13
18	19	20
25	26	27

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2018

Thursday	Friday	Saturday	Sunday
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1

Q3 Objectives

Objective & Key Results

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Objective & Key Results

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Objective & Key Results

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Daily metrics

day of quarter

July

Monday	Tuesday	Wednesday
25	26	27
2	3	4
9	10	11
16	17	18
23	24	25
30	31	

June						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

August						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2018

Thursday	Friday	Saturday	Sunday
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

August

	Monday	Tuesday	Wednesday
	30	31	1
	6	7	8
	13	14	15
	20	21	22
	27	28	29

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2018

Thursday	Friday	Saturday	Sunday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31	1	2

September

	Monday	Tuesday	Wednesday
	27	28	29
	3	4	5
	10	11	12
	17	18	19
	24	25	26

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2018

Thursday	Friday	Saturday	Sunday
30	31	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

Q4 Objectives

Objective & Key Results

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Objective & Key Results

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Objective & Key Results

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Daily metrics

day of quarter

October

✳ ↦	Monday	Tuesday	Wednesday
	1	2	3
	8	9	10
	15	16	17
	22	23	24
	29	30	31

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2018

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

November

	Monday	Tuesday	Wednesday
	29	30	31
	5	6	7
	12	13	14
	19	20	21
	26	27	28

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2018

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	1	2

December

	Monday	Tuesday	Wednesday
	26	27	28
	3	4	5
	10	11	12
	17	18	19
	24	25	26
	31		

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2018

Thursday	Friday	Saturday	Sunday
29	30	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

Week 1

Week Goals

Monday 1 Jan ✏ ✔

Tuesday 2 Jan ✏ ✔

Wednesday 3 Jan ✏ ✔

Thursday 4 Jan ✓

Friday 5 Jan ✓

Sat 6 Jan & Sun 7 Jan ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 2

Week Goals

Monday 8 Jan

Tuesday 9 Jan

Wednesday 10 Jan

Thursday 11 Jan ✓

Friday 12 Jan ✓

Sat 13 Jan & Sun 14 Jan ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 3

Monday 15 Jan ✏ ✓

Tuesday 16 Jan ✏ ✓

Wednesday 17 Jan ✏ ✓

Thursday 18 Jan ✓

Friday 19 Jan ✓

Sat 20 Jan & Sun 21 Jan ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 4

Week Goals

Monday 22 Jan

Tuesday 23 Jan

Wednesday 24 Jan

Thursday 25 Jan

✓

Friday 26 Jan

✓

Sat 27 Jan & Sun 28 Jan

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 5

Monday 29 Jan ✎ ✓

Tuesday 30 Jan ✎ ✓

Wednesday 31 Jan ✎ ✓

Thursday 1 Feb

Friday 2 Feb

Sat 3 Feb & Sun 4 Feb

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 6

Monday 5 Feb ✎ ✏ ✓

Tuesday 6 Feb ✎ ✏ ✓

Wednesday 7 Feb ✎ ✏ ✓

Thursday 8 Feb

Friday 9 Feb

Sat 10 Feb & Sun 11 Feb

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 7

Week Goals

Monday 12 Feb ✏ ●✦ ✓

Tuesday 13 Feb ✏ ●✦ ✓

Wednesday 14 Feb ✏ ●✦ ✓

Thursday 15 Feb

Friday 16 Feb

Sat 17 Feb & Sun 18 Feb

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 8

Week Goals

Monday 19 Feb ✎ ✔

Tuesday 20 Feb ✎ ✔

Wednesday 21 Feb ✎ ✔

Thursday 22 Feb

✓

Friday 23 Feb

✓

Sat 24 Feb & Sun 25 Feb

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 9

Week Goals

Monday 26 Feb

Tuesday 27 Feb

Wednesday 28 Feb

Thursday 1 Mar ✓

Friday 2 Mar ✓

Sat 3 Mar & Sun 4 Mar ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 10

Monday 5 Mar ✎ ✓

Tuesday 6 Mar ✎ ✓

Wednesday 7 Mar ✎ ✓

Thursday 8 Mar

✎

✓

Friday 9 Mar

✎

✓

Sat 10 Mar & Sun 11 Mar

✎

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 11

Monday 12 Mar ●✛ ✓

✎

Tuesday 13 Mar ●✛ ✓

✎

Wednesday 14 Mar ●✛ ✓

✎

Thursday 15 Mar ✎ ✔

Friday 16 Mar ✎ ✔

Sat 17 Mar & Sun 18 Mar ✎ ✔

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 12

Monday 19 Mar ✐ ✓

Tuesday 20 Mar ✐ ✓

Wednesday 21 Mar ✐ ✓

Thursday 22 Mar ✓

Friday 23 Mar ✓

Sat 24 Mar & Sun 25 Mar ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 13

Monday 26 Mar ✎ ✔

Tuesday 27 Mar ✎ ✔

Wednesday 28 Mar ✎ ✔

Thursday 29 Mar ✎ ✏ ✓

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Friday 30 Mar ✎ ✏ ✓

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Sat 31 Mar & Sun 1 Apr ✎ ✏ ✓

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How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 14

Monday 2 Apr ✎ ✔

Tuesday 3 Apr ✎ ✔

Wednesday 4 Apr ✎ ✔

Thursday 5 Apr

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✓

Friday 6 Apr

✎

✓

Sat 7 Apr & Sun 8 Apr

✎

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 15

Monday 9 Apr

Tuesday 10 Apr

Wednesday 11 Apr

Thursday 12 Apr

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Friday 13 Apr

✎

✓

Sat 14 Apr & Sun 15 Apr

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✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 16

Monday 16 Apr ✏ ●✦ ✓

Tuesday 17 Apr ✏ ●✦ ✓

Wednesday 18 Apr ✏ ●✦ ✓

Thursday 19 Apr ✎ ✔

Friday 20 Apr ✎ ✔

Sat 21 Apr & Sun 22 Apr ✎ ✔

How did it go?

Enjoyed it ①②③④⑤
Got stuff done ①②③④⑤
Progressed goals ①②③④⑤
Learning ①②③④⑤

Notes

Week 17

Monday 23 Apr

Tuesday 24 Apr

Wednesday 25 Apr

Apr 2018

Thursday 26 Apr ✎ ✓

Friday 27 Apr ✎ ✓

Sat 28 Apr & Sun 29 Apr ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 18

Monday 30 Apr ✎ ✓

Tuesday 1 May ✎ ✓

Wednesday 2 May ✎ ✓

Thursday 3 May ✎ ✓

Friday 4 May ✎ ✓

Sat 5 May & Sun 6 May ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 19

Monday 7 May ✓

Tuesday 8 May ✓

Wednesday 9 May ✓

Thursday 10 May ✏ ➤ ✓

Friday 11 May ✏ ➤ ✓

Sat 12 May & Sun 13 May ✏ ➤ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 20

Week Goals

Monday 14 May

Tuesday 15 May

Wednesday 16 May

Thursday 17 May

✎

✓

Friday 18 May

✎

✓

Sat 19 May & Sun 20 May

✎

✓

How did it go?

Enjoyed it ①②③④⑤
Got stuff done ①②③④⑤
Progressed goals ①②③④⑤
Learning ①②③④⑤

Notes

Week 21

Week Goals

Monday 21 May ✎ ✓

Tuesday 22 May ✎ ✓

Wednesday 23 May ✎ ✓

Thursday 24 May ✓

✎

Friday 25 May ✓

✎

Sat 26 May & Sun 27 May ✓

✎

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 22

Monday 28 May

Tuesday 29 May

Wednesday 30 May

Thursday 31 May

✎

✓

Friday 1 Jun

✎

✓

Sat 2 Jun & Sun 3 Jun

✎

✓

How did it go?

Enjoyed it   ①②③④⑤
Got stuff done   ①②③④⑤
Progressed goals   ①②③④⑤
Learning   ①②③④⑤

Notes

Week 23

Week Goals

Monday 4 Jun ✎ ✓

Tuesday 5 Jun ✎ ✓

Wednesday 6 Jun ✎ ✓

Thursday 7 Jun

✏ ✓

Friday 8 Jun

✏ ✓

Sat 9 Jun & Sun 10 Jun

✏ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 24

Week Goals

Monday 11 Jun ✓

Tuesday 12 Jun ✓

Wednesday 13 Jun ✓

Thursday 14 Jun ✓

Friday 15 Jun ✓

Sat 16 Jun & Sun 17 Jun ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 25

Monday 18 Jun ✎ ✔

Tuesday 19 Jun ✎ ✔

Wednesday 20 Jun ✎ ✔

Thursday 21 Jun ✎ ✓

Friday 22 Jun ✎ ✓

Sat 23 Jun & Sun 24 Jun ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 26

Monday 25 Jun ✎ ✓

Tuesday 26 Jun ✎ ✓

Wednesday 27 Jun ✎ ✓

Thursday 28 Jun ✎ ●◆ ✓

Friday 29 Jun ✎ ●◆ ✓

Sat 30 Jun & Sun 1 Jul ✎ ●◆ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 27

Monday 2 Jul ✎ ✔

Tuesday 3 Jul ✎ ✔

Wednesday 4 Jul ✎ ✔

Thursday 5 Jul

✎

✓

Friday 6 Jul

✎

✓

Sat 7 Jul & Sun 8 Jul

✎

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 28

Monday 9 Jul ✏ ✎ ✓

Tuesday 10 Jul ✏ ✎ ✓

Wednesday 11 Jul ✏ ✎ ✓

Thursday 12 Jul

✎

✔

Friday 13 Jul

✎

✔

Sat 14 Jul & Sun 15 Jul

✎

✔

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 29

Monday 16 Jul ✎ ●✦ ✓

Tuesday 17 Jul ✎ ●✦ ✓

Wednesday 18 Jul ✎ ●✦ ✓

Thursday 19 Jul ✓

Friday 20 Jul ✓

Sat 21 Jul & Sun 22 Jul ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 30

Monday 23 Jul

Tuesday 24 Jul

Wednesday 25 Jul

Thursday 26 Jul ✓

Friday 27 Jul ✓

Sat 28 Jul & Sun 29 Jul ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 31

Monday 30 Jul ✓

Tuesday 31 Jul ✓

Wednesday 1 Aug ✓

Thursday 2 Aug

Friday 3 Aug

Sat 4 Aug & Sun 5 Aug

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 32

Week Goals

Monday 6 Aug

Tuesday 7 Aug

Wednesday 8 Aug

Aug 2018

Thursday 9 Aug ✎ ✓

Friday 10 Aug ✎ ✓

Sat 11 Aug & Sun 12 Aug ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 33

Week Goals

Monday 13 Aug ✓

Tuesday 14 Aug ✓

Wednesday 15 Aug ✓

Thursday 16 Aug ✎ ✓

Friday 17 Aug ✎ ✓

Sat 18 Aug & Sun 19 Aug ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 34

Week Goals

Monday 20 Aug ✏ ✦ ✓

Tuesday 21 Aug ✏ ✦ ✓

Wednesday 22 Aug ✏ ✦ ✓

Thursday 23 Aug

✓

Friday 24 Aug

✓

Sat 25 Aug & Sun 26 Aug

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 35

Monday 27 Aug ✎ ✓

Tuesday 28 Aug ✎ ✓

Wednesday 29 Aug ✎ ✓

Thursday 30 Aug

✎

✓

Friday 31 Aug

✎

✓

Sat 1 Sep & Sun 2 Sep

✎

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 36

Monday 3 Sep ✏ ✦ ✓

Tuesday 4 Sep ✏ ✦ ✓

Wednesday 5 Sep ✏ ✦ ✓

Thursday 6 Sep ✎ ✓

Friday 7 Sep ✎ ✓

Sat 8 Sep & Sun 9 Sep ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 37

Monday 10 Sep ✎ ✓

Tuesday 11 Sep ✎ ✓

Wednesday 12 Sep ✎ ✓

Thursday 13 Sep

✓

✎

Friday 14 Sep

✓

✎

Sat 15 Sep & Sun 16 Sep

✓

✎

How did it go?

Enjoyed it ①②③④⑤
Got stuff done ①②③④⑤
Progressed goals ①②③④⑤
Learning ①②③④⑤

Notes

Week 38

Monday 17 Sep

Tuesday 18 Sep

Wednesday 19 Sep

Thursday 20 Sep ✎ ✓

Friday 21 Sep ✎ ✓

Sat 22 Sep & Sun 23 Sep ✎ ✓

How did it go?

Enjoyed it   ①②③④⑤
Got stuff done   ①②③④⑤
Progressed goals   ①②③④⑤
Learning   ①②③④⑤

Notes

Week 39

Week Goals

Monday 24 Sep

Tuesday 25 Sep

Wednesday 26 Sep

Sep 2018

Thursday 27 Sep ✎ ✓

Friday 28 Sep ✎ ✓

Sat 29 Sep & Sun 30 Sep ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 40

Monday 1 Oct ✏ ✓

Tuesday 2 Oct ✏ ✓

Wednesday 3 Oct ✏ ✓

Thursday 4 Oct

Friday 5 Oct

Sat 6 Oct & Sun 7 Oct

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 41

Monday 8 Oct ✎ ✓

Tuesday 9 Oct ✎ ✓

Wednesday 10 Oct ✎ ✓

Thursday 11 Oct ✎ ➥ ✓

Friday 12 Oct ✎ ➥ ✓

Sat 13 Oct & Sun 14 Oct ✎ ➥ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 42

Week Goals

Monday 15 Oct

Tuesday 16 Oct

Wednesday 17 Oct

Thursday 18 Oct ✓

Friday 19 Oct ✓

Sat 20 Oct & Sun 21 Oct ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 43

Week Goals

Monday 22 Oct ✓

Tuesday 23 Oct ✓

Wednesday 24 Oct ✓

Thursday 25 Oct ✏ ✕ ✓

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_____
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Friday 26 Oct ✏ ✕ ✓

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_____
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_____
_____
_____
_____

Sat 27 Oct & Sun 28 Oct ✏ ✕ ✓

_____
_____
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How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 44

Week Goals

Monday 29 Oct ✎ ✓

Tuesday 30 Oct ✎ ✓

Wednesday 31 Oct ✎ ✓

Thursday 1 Nov ✎ ➥ ✓

Friday 2 Nov ✎ ➥ ✓

Sat 3 Nov & Sun 4 Nov ✎ ➥ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 45

Monday 5 Nov

Tuesday 6 Nov

Wednesday 7 Nov

Thursday 8 Nov ✎ ✓

Friday 9 Nov ✎ ✓

Sat 10 Nov & Sun 11 Nov ✎ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 46

Monday 12 Nov ✎ ✔

Tuesday 13 Nov ✎ ✔

Wednesday 14 Nov ✎ ✔

Thursday 15 Nov

✎ _____

✓

Friday 16 Nov

✎ _____

✓

Sat 17 Nov & Sun 18 Nov

✎ _____

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 47

Week Goals

Monday 19 Nov

Tuesday 20 Nov

Wednesday 21 Nov

Thursday 22 Nov ✎ •◦ ✓

Friday 23 Nov ✎ •◦ ✓

Sat 24 Nov & Sun 25 Nov ✎ •◦ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 48

Monday 26 Nov

Tuesday 27 Nov

Wednesday 28 Nov

Thursday 29 Nov

✎

✓

Friday 30 Nov

✎

✓

Sat 1 Dec & Sun 2 Dec

✎

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 49

Week Goals

Monday 3 Dec

Tuesday 4 Dec

Wednesday 5 Dec

Thursday 6 Dec ✓

Friday 7 Dec ✓

Sat 8 Dec & Sun 9 Dec ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 50

Monday 10 Dec ✎ ✓

Tuesday 11 Dec ✎ ✓

Wednesday 12 Dec ✎ ✓

Thursday 13 Dec ✏ ✦ ✓

Friday 14 Dec ✏ ✦ ✓

Sat 15 Dec & Sun 16 Dec ✏ ✦ ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 51

Week Goals

Monday 17 Dec ✎ ✓

Tuesday 18 Dec ✎ ✓

Wednesday 19 Dec ✎ ✓

Thursday 20 Dec

✓

Friday 21 Dec

✓

Sat 22 Dec & Sun 23 Dec

✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 52

Monday 24 Dec

Tuesday 25 Dec

Wednesday 26 Dec
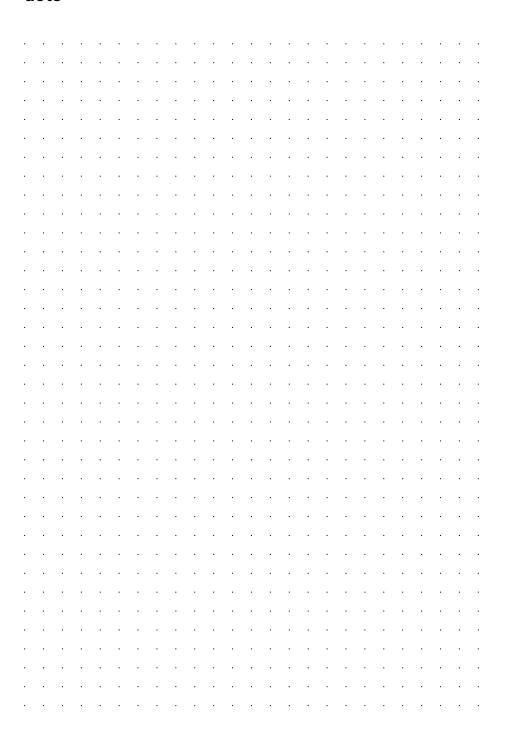
Thursday 27 Dec ✓

Friday 28 Dec ✓

Sat 29 Dec & Sun 30 Dec ✓

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

Week 53

Monday 31 Dec

Tuesday 1 Jan

Wednesday 2 Jan

Thursday 3 Jan

Friday 4 Jan

Sat 5 Jan & Sun 6 Jan

How did it go?

Enjoyed it	①②③④⑤
Got stuff done	①②③④⑤
Progressed goals	①②③④⑤
Learning	①②③④⑤

Notes

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9:41
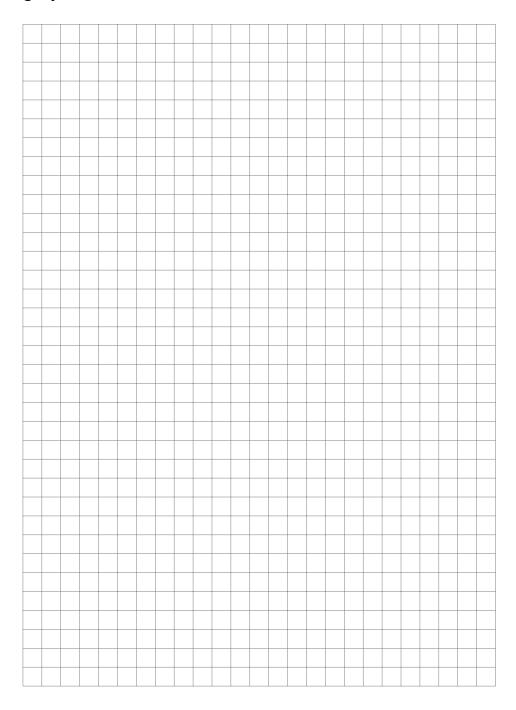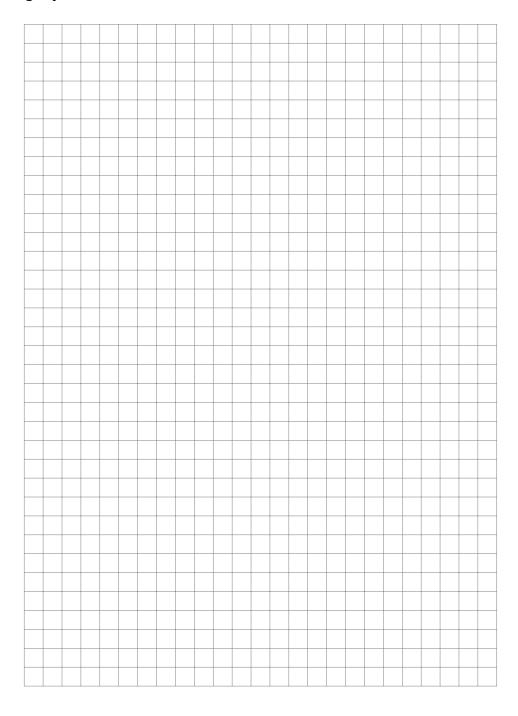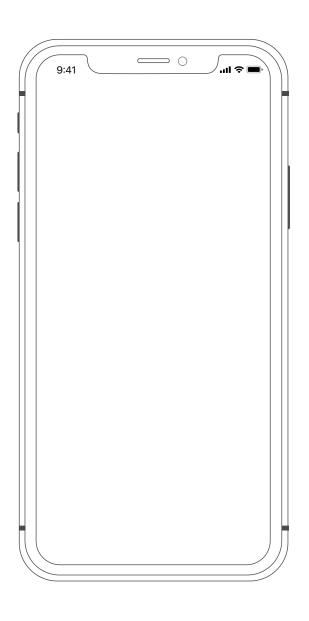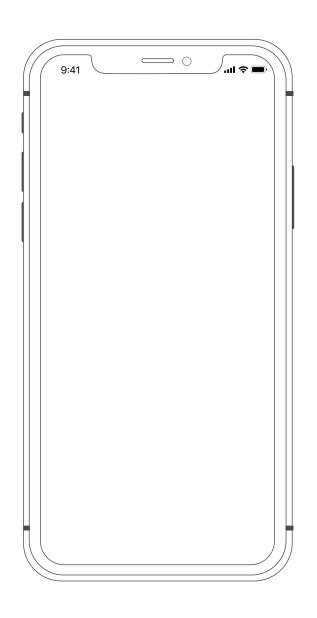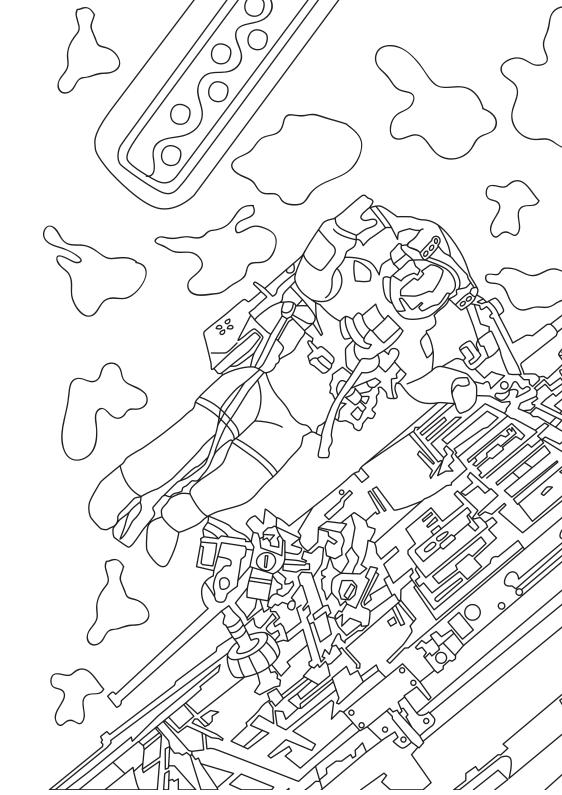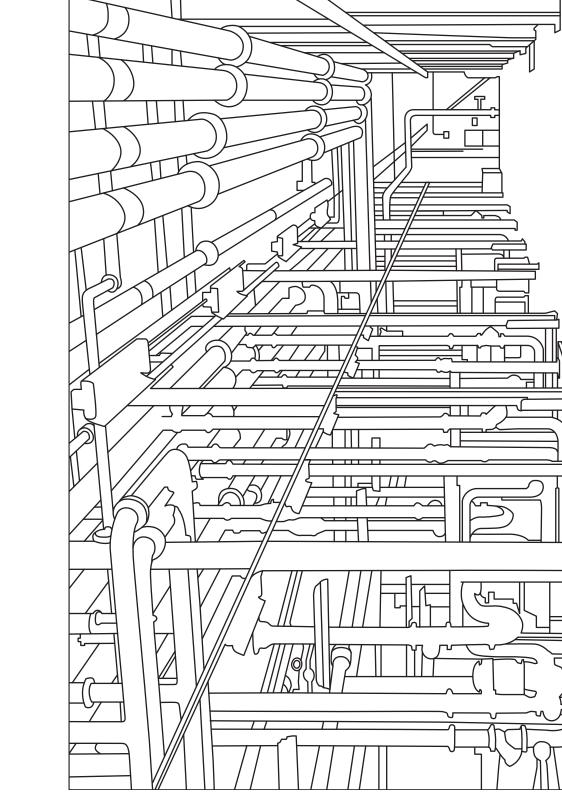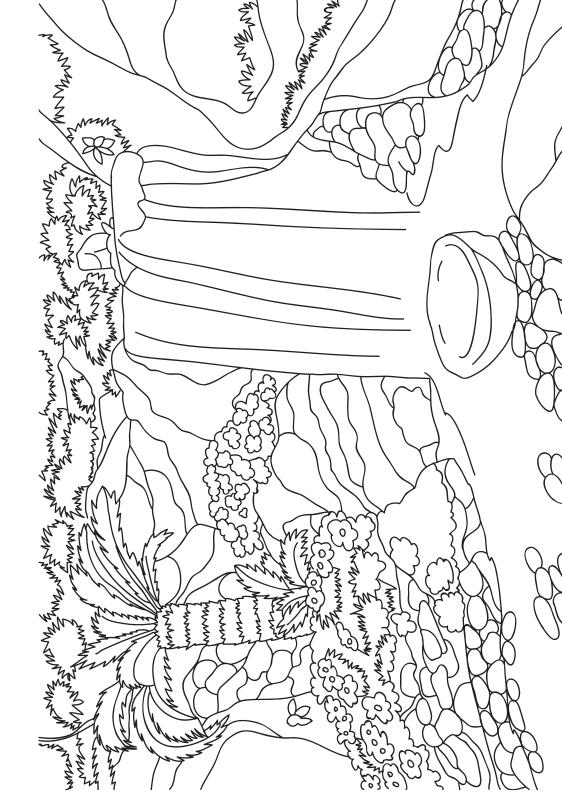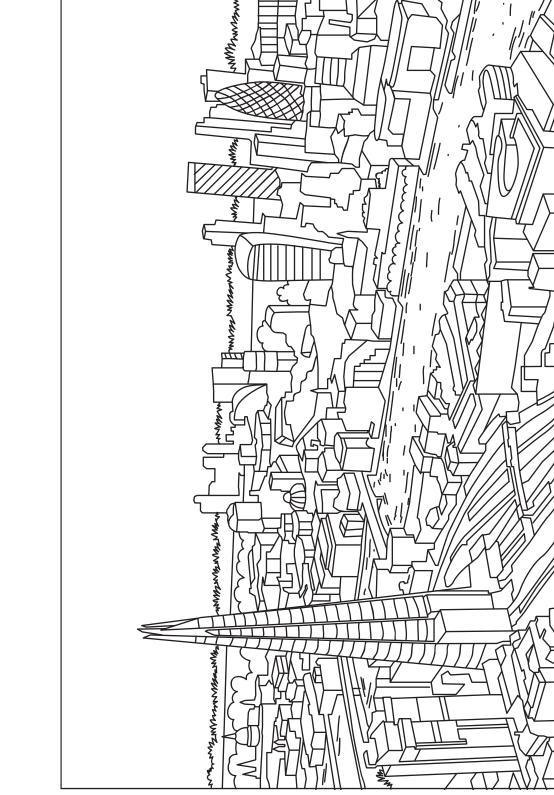
	Symbol	Value	SI unit
Planck constant	h	$6.626\,18 \times 10^{-34}$	$J\,s$

energy of a quantum of electromagnetic radiation / its frequency

Electron mass	m_e	$9.109\,38 \times 10^{-31}$	kg

mass of a stationary electron

Atomic mass unit (Dalton)	u (Da)	$1.660\,566 \times 10^{-27}$	kg

one twelfth of the mass of an unbound neutral atom of carbon-12

Elementary charge	e	$1.602\,18 \times 10^{-19}$	C

electric charge carried by a single proton

Electronvolt	eV	$1.602\,18 \times 10^{-19}$	J

energy gained by charge of electron thru potential difference of one volt

Bohr radius	a_0	$5.291\,77 \times 10^{-11}$	m

distance between the proton and electron in a hydrogen atom

Faraday constant	F	9.6485×10^{4}	$C\,mol^{-1}$

magnitude of electric charge per mole of electrons

Speed of light in a vacuum	c_0	$2.997\,925 \times 10^{8}$	$m\,s^{-1}$
Astronomical unit	ua	$1.495\,98 \times 10^{11}$	m

roughly the distance from Earth to the Sun

Avogadro number	N_A	$6.022\,04 \times 10^{23}$	mol^{-1}

atoms or molecules in a mole

Table 1: Some Fundamental Constants

❧ ▼	2	3	4	5	6	7
0	␣	0	@	P	`	p
1	!	1	A	Q	a	q
2	"	2	B	R	b	r
3	#	3	C	S	c	s
4	$	4	D	T	d	t
5	%	5	E	U	e	u
6	&	6	F	V	f	v
7	'	7	G	W	g	w
8	(	8	H	X	h	x
9	)	9	I	Y	i	y
a	*	:	J	Z	j	z
b	+	;	K	[	k	{
c	,	<	L	\	l		
d	-	=	M	]	m	}
e	.	>	N	^	n	~
f	/	?	O	_	o	del

Table 2: ASCII Printable Characters;
❧ - 1st hex digit, ▼ - 2nd hex digit

Operation	Latency in nanoseconds
L1 cache reference	0.5 ns
Branch mispredict	5 ns
L2 cache reference	7 ns
Main memory reference	100 ns
Send 2K bytes over 1 Gbps network	20,000 ns
Read 1 MB sequentially from memory	250,000 ns
Round trip within same datacenter	500,000 ns
Disk seek	10,000,000 ns
Read 1 MB sequentially from disk	20,000,000 ns
Send packet California->Europe->California	150,000,000 ns

Table 3: Latency of key compute operations

Countries by population			
China	1,376	Mexico	122
India	1,288	Philippines	103
United States	323	Ethiopia	92
Indonesia	259	Vietnam	92
Brazil	206	Egypt	91
Pakistan	193	DR Congo	85
Nigeria	187	Germany	81
Bangladesh	160	Iran	79
Russia	147	Turkey	79
Japan	127	Thailand	65

Table 4: Population data: millions 2016