Thursday, 18 Sep 2025	Arun Yadav Day 1 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Friday, 19 Sep 2025			Arun Yadav Day 2 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2		Top Priority #3
Time Log			
00:00-01:00	Wins		
01:00-02:00	<u> </u>		
02:00-03:00			
03:00-04:00	Key Learnir	ngs	Distractions
04:00-05:00			
05:00-06:00			
06:00-07:00	Plan for Tor	morrow	
07:00-08:00	· ·		
08:00-09:00			
09:00-10:00	Biggest pro	blems faced in the day	
10:00-11:00			
11:00-12:00	_		
12:00-13:00	<del></del> _	er (check if done)	
13:00-14:00	Go For Ru		
14:00-15:00	4 Focus b		
15:00-16:00			
16:00-17:00	Notes / Brai	ump	
17:00-18:00			
18:00-19:00	<u> </u>		
19:00-20:00			
20:00-21:00			
21:00-22:00	<u> </u>		
22:00-23:00			
23:00-24:00			

Saturday, 20 Sep 2025		Arun Yadav Day 3 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00 11:00-12:00		
	Habit Tracker (check if done)	
12:00-13:00 13:00-14:00	Go For Run	
14:00-15:00	Reading for 1 hr 4 Focus blocks No Distraction	
15:00-16:00		]
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 21 Sep 2025		Arun Yadav Day 4 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—   <u> </u> ———	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00		
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Monday, 22 Sep 2025	Arun Yadav Day 5 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log	
00:00-01:00 01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00	Key Learnings Distractions
05:00-06:00	
06:00-07:00 07:00-08:00	Plan for Tomorrow
08:00-09:00 09:00-10:00	Biggest problems faced in the day
10:00-11:00	
11:00-12:00 12:00-13:00	Habit Tracker (check if done)
13:00-14:00 14:00-15:00	Go For Run Reading for 1 hr 4 Focus blocks
15:00-16:00	No Distraction Notes / Brain Dump
16:00-17:00 17:00-18:00	
18:00-19:00	
19:00-20:00 20:00-21:00	
21:00-22:00 22:00-23:00	
23:00-24:00	

Tuesday, 23 Sep 2025		Arun Yadav Day 6 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00	<u> </u>	
05:00-06:00	<u></u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the da	ау
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	Ш
16:00-17:00	Notes / Brain Dump	
17:00-18:00	<u> </u>	
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Wednesday, 24 Sep 2025		Arun Yadav Day 7 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	]
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 25 Sep 2025		Arun Yadav Day 8 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	<u> </u>	
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00	——— Rey Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	· · · · · · · · · · · · · · · · · · ·	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	-	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	_
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Friday, 26 Sep 2025		Arun Yadav Day 9 / 100
		Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	_	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	]
14:00-15:00	4 Focus blocks No Distraction	]
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00	<u> </u>	
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 27 Sep 2025		Arun Yadav  Day 10 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 28 Sep 2025		Arun Yadav Day 11 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	<u> </u>	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run  Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Monday, 29 Sep 2025		Arun Yadav Day 12 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced	d in the day
10:00-11:00	_   -	
11:00-12:00		
12:00-13:00	Habit Tracker (check if	done)
13:00-14:00	Go For Run Reading for 1 hr	H
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Tuesday, 30 Sep 2025		Arun Yadav Day 13 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	<u> </u>	
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00		
09:00-10:00	Biggest problems fa	aced in the day
10:00-11:00	-	
11:00-12:00		
12:00-13:00	Habit Tracker (chec	ck if done)
13:00-14:00	Go For Run Reading for 1 hr	H
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Wednesday, 01 Oct 2025	Arun Yadav Day 14 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Thursday, 02 Oct 2025		Arun Yadav Day 15 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	· · · · · · · · · · · · · · · · · · ·	
08:00-09:00		
09:00-10:00	Biggest problems faced i	in the day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if d	one)
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Friday, 03 Oct 2025		Arun Yadav Day 16 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00 11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run	
14:00-15:00	Reading for 1 hr 4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 04 Oct 2025		Arun Yadav Day 17 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	<u> </u>
14:00-15:00	4 Focus blocks No Distraction	]
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00	· · · · · · · · · · · · · · · · · · ·	
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 05 Oct 2025				Arun Yadav Day 18 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority	y #2	Top P	riority #3
Time Log	<del>-</del>			
00:00-01:00	Wi	ins		
01:00-02:00				
02:00-03:00				
03:00-04:00	Ke	ey Learnings		stractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·			
05:00-06:00	· · · · · · · · · · · · · · · · · · ·			
06:00-07:00	Pla	an for Tomorrow		
07:00-08:00				
08:00-09:00				
09:00-10:00	Biç	ggest problems faced in the day		
10:00-11:00				
11:00-12:00				
12:00-13:00	<del></del>	abit Tracker (check if done)		
13:00-14:00		o For Run		
14:00-15:00	1 1	Focus blocks o Distraction		
15:00-16:00				
16:00-17:00	No	otes / Brain Dump		
17:00-18:00				
18:00-19:00	· · · · · · · · · · · · · · · · · · ·			
19:00-20:00	· · ·			
20:00-21:00	· · · · · · · · · · · · · · · · · · ·			
21:00-22:00	<u>                                 </u>			
22:00-23:00	· · ·			
23:00-24:00	· · · · · · · · · · · · · · · · · · ·			

Monday, 06 Oct 2025	Arun Yadav Day 19 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00	Notes / Brain Dump
18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Tuesday, 07 Oct 2025				Arun Yadav Day 20 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2		Тор Г	Priority #3
Time Log				
00:00-01:00		Wins		
01:00-02:00	<u> </u>			
02:00-03:00		[		2
03:00-04:00		Key Learnings		Distractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·			
05:00-06:00	<u> </u>			
06:00-07:00		Plan for Tomorrow		
07:00-08:00				
08:00-09:00	<u> </u>			
09:00-10:00		Biggest problems faced in the day		
10:00-11:00				
11:00-12:00	<u> </u>			
12:00-13:00	<u> </u>	Habit Tracker (check if done)	7	
13:00-14:00	· ·	Go For Run  Reading for 1 hr	]	
14:00-15:00	<u> </u>	4 Focus blocks	]	
15:00-16:00	<u> </u>	No Distraction	]	
16:00-17:00	 	Notes / Brain Dump		
17:00-18:00	<u>, , , , , , , , , , , , , , , , , , , </u>			
18:00-19:00	<u>, , ,                                </u>			
19:00-20:00				
20:00-21:00	<u> </u>			
21:00-22:00				
22:00-23:00				
23:00-24:00				

Wednesday, 08 Oct 2025	Arun Yadav Day 21 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00	Key Learnings  Distractions
05:00-06:00 06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00	Notes / Brain Dump
18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 22:00-23:00 23:00-24:00	

Thursday, 09 Oct 2025		Arun Yadav Day 22 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · ·                                </u>	
02:00-03:00	<u> </u>	
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the	a day
10:00-11:00	-	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	H
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Friday, 10 Oct 2025		Arun Yadav Day 23 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · ·                                </u>	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00 08:00-09:00		
09:00-10:00	Biggest problems faced in the da	ay
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	—— Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00		
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 11 Oct 2025	Arun Yadav Day 24 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Sunday, 12 Oct 2025	Arun Yadav Day 25 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr 4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 13 Oct 2025	Arun Yadav Day 26 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Tuesday, 14 Oct 2025	Arun Yadav Day 27 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Wednesday, 15 Oct 2025		Arun Yadav Day 28 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · · · · · · · · · · · · · · · · · </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	у
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 16 Oct 2025		Arun Yadav Day 29 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the	he day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done Go For Run	e)
13:00-14:00	—— Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Friday, 17 Oct 2025		Arun Yadav Day 30 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u>· · · · · · · · · · · · · · · · · · · </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the d	lay
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	H
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 18 Oct 2025	Arun Yadav Day 31 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Sunday, 19 Oct 2025	Arun Yadav Day 32 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 20 Oct 2025	Arun Yadav Day 33 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00	Notes / Brain Dump
18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Tuesday, 21 Oct 2025				Arun Yadav Day 34 / 100  Energy / Focus (0-10):
Top Priority #1	Top P	riority #2	Тор Б	Priority #3
Time Log	1		l L	
00:00-01:00		Wins		
01:00-02:00	<u> </u>			
02:00-03:00	· · · · · · · · · · · · · · · · · · ·	Г		
03:00-04:00		Key Learnings		Distractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·			
05:00-06:00	<u> </u>			
06:00-07:00	· ·	Plan for Tomorrow		
07:00-08:00	· · · · · · · · · · · · · · · · · · ·			
08:00-09:00	<u> </u>			
09:00-10:00		Biggest problems faced in the day		
10:00-11:00				
11:00-12:00	<u> </u>			
12:00-13:00	· · · · · · · · · · · · · · · · · · ·	Habit Tracker (check if done)	1	
13:00-14:00	· .	Go For Run  Reading for 1 hr	] ]	
14:00-15:00		4 Focus blocks	<u> </u>	
15:00-16:00		No Distraction	]	
16:00-17:00	· · ·	Notes / Brain Dump		
17:00-18:00				
18:00-19:00	<u>, , , , , , , , , , , , , , , , , , , </u>			
19:00-20:00				
20:00-21:00				
21:00-22:00				
22:00-23:00	<u> </u>			
23:00-24:00				

Wednesday, 22 Oct 2025		Arun Yadav Day 35 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	<del>                                     </del>	
00:00-01:00	Wins	
01:00-02:00	<u>· · · ·                               </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u>                                 </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the da	ау
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction  Notes / Brain Dump	
16:00-17:00	——————————————————————————————————————	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00	<u> </u>	
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 23 Oct 2025	Arun Yadav Day 36 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Friday, 24 Oct 2025		Arun Yadav Day 37 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the da	ay
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	<u> </u>	
16:00-17:00	Notes / Brain Dump	
17:00-18:00	<u> </u>	
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 25 Oct 2025		Arun Yadav Day 38 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u>                                 </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks  No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 26 Oct 2025				Arun Yadav Day 39 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority	#2	Top P	riority #3
Time Log				
00:00-01:00	Win	s		
01:00-02:00	· · · · · · · · · · · · · · · · · · ·			
02:00-03:00	Kov	Learnings		stractions
03:00-04:00		Leanings		Stractions
04:00-05:00				
05:00-06:00	<u> </u>			
06:00-07:00	Plan	n for Tomorrow		
07:00-08:00	· · · · · · · · · · · · · · · · · · ·			
08:00-09:00				
09:00-10:00	Bigg	gest problems faced in the day		
10:00-11:00				
11:00-12:00				
12:00-13:00	<del></del>	it Tracker (check if done) For Run		
13:00-14:00		ading for 1 hr		
14:00-15:00		Focus blocks Distraction		
15:00-16:00				
16:00-17:00	Note	es / Brain Dump		
17:00-18:00				
18:00-19:00				
19:00-20:00				
20:00-21:00				
21:00-22:00				
22:00-23:00				
23:00-24:00				

Monday, 27 Oct 2025		Arun Yadav Day 40 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	· · ·	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00 08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the	he day
10:00-11:00	_	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done	e)
13:00-14:00	Reading for 1 hr	i l
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	INOTES / BIAIN DUMP	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		

Tuesday, 28 Oct 2025	Arun Yadav Day 41 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Wednesday, 29 Oct 2025		Arun Yadav Day 42 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 30 Oct 2025	Arun Yadav Day 43 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Friday, 31 Oct 2025		Arun Yadav Day 44 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00 02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00 06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00 10:00-11:00	Biggest problems faced in the day	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	]
13:00-14:00 14:00-15:00	Reading for 1 hr 4 Focus blocks No Distraction	] ] ]
15:00-16:00	Notes / Brain Dump	
16:00-17:00		
17:00-18:00 18:00-19:00		
19:00-20:00		
20:00-21:00		
<u>21:00-22:00</u> <u>22:00-23:00</u>		
23:00-24:00		

Saturday, 01 Nov 2025		Arun Yadav Day 45 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—   <u> </u> ———	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	——————————————————————————————————————	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 02 Nov 2025	Arun Yadav Day 46 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 03 Nov 2025	Arun Yadav Day 47 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Tuesday, 04 Nov 2025			Arun Yadav Day 48 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2		Top Priority #3
Time Log			
00:00-01:00	Wins		
01:00-02:00			
02:00-03:00			] [
03:00-04:00	Key Learnings		Distractions
04:00-05:00			
05:00-06:00	<u> </u>		
06:00-07:00	Plan for Tomorro	ow	
07:00-08:00			
08:00-09:00	_		
09:00-10:00	Biggest problems	s faced in the day	
10:00-11:00			
11:00-12:00			
12:00-13:00	Habit Tracker (ch	neck if done)	
13:00-14:00	Reading for 1	hr 🔲	
14:00-15:00	4 Focus blocks		
15:00-16:00	No Distraction  Notes / Brain Du		
16:00-17:00	Notes / Brain Du	тір	
17:00-18:00	<u> </u>		
18:00-19:00	<u> </u>		
19:00-20:00			
20:00-21:00	<u> </u>		
21:00-22:00			
22:00-23:00			
23:00-24:00			

Wednesday, 05 Nov 2025		Arun Yadav Day 49 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	<u> </u>	
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	Binard makkens for a kin the day	
09:00-10:00 10:00-11:00	Biggest problems faced in the day	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run	
14:00-15:00	Reading for 1 hr 4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 06 Nov 2025	Arun Yadav Day 50 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-06:00 06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00	Notes / Brain Dump
18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Friday, 07 Nov 2025		Arun Yadav Day 51 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	Wins	
00:00-01:00 01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00 04:00-05:00		
05:00-06:00		
06:00-07:00 07:00-08:00	Plan for Tomorrow	
08:00-09:00		
09:00-10:00 10:00-11:00	Biggest problems faced in the day	y
11:00-12:00		
12:00-13:00 13:00-14:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00 16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00 19:00-20:00		
20:00-21:00		
21:00-22:00 22:00-23:00		
23:00-24:00		

Saturday, 08 Nov 2025		Arun Yadav Day 52 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	———	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 09 Nov 2025	Arun Yadav Day 53 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log	
00:00-01:00 01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00	Key Learnings  Distractions
05:00-06:00 06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00	Notes / Brain Dump
18:00-19:00 19:00-20:00 20:00-21:00	
21:00-22:00 22:00-23:00 23:00-24:00	

Monday, 10 Nov 2025	Arun Yadav Day 54 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Tuesday, 11 Nov 2025	Arun Yadav Day 55 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Wednesday, 12 Nov 2025		Arun Yadav Day 56 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	<u> </u>	
00:00-01:00 01:00-02:00	Wins	
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—   <u> </u> =======	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 13 Nov 2025		Arun Yadav Day 57 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00		J. S.
04:00-05:00	<u> </u>	
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the o	day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	_
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Friday, 14 Nov 2025		Arun Yadav Day 58 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00 07:00-08:00	Plan for Tomorrow	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—	
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	Notes / Brain Dump	
16:00-17:00 17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
_23:00-24:00		

Saturday, 15 Nov 2025		Arun Yadav Day 59 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run  Reading for 1 hr	
14:00-15:00	4 Focus blocks  No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 16 Nov 2025	Arun Yadav Day 60 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 17 Nov 2025	Arun Yadav Day 61 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Tuesday, 18 Nov 2025	Arun Yadav Day 62 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Wednesday, 19 Nov 2025		Arun Yadav Day 63 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)  Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 20 Nov 2025		Arun Yadav Day 64 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00	———   Ney Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the	e day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	_
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Friday, 21 Nov 2025		Arun Yadav Day 65 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · · · · · · · · · · · · · · · · · </u>	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00 08:00-09:00		
09:00-10:00	Biggest problems faced in the d	ay
10:00-11:00		
11:00-12:00		_
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		ш
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 22 Nov 2025		Arun Yadav Day 66 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	,
10:00-11:00	—   <u> </u> ————	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 23 Nov 2025		Arun Yadav Day 67 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	,
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00	<u> </u>	
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Monday, 24 Nov 2025		Arun Yadav Day 68 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · · · · · · · · · · · · · · · · · </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the d	ay
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr	H
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Tuesday, 25 Nov 2025				Arun Yadav Day 69 / 100 Energy / Focus (0-10):
Top Priority #1	Top Pi	riority #2	Тор	Priority #3
Time Log				
00:00-01:00		Wins		
01:00-02:00	<u> </u>			
02:00-03:00				
03:00-04:00		Key Learnings		Distractions
04:00-05:00				
05:00-06:00	<u> </u>			
06:00-07:00		Plan for Tomorrow		
07:00-08:00	· · · · · · · · · · · · · · · · · · ·			
08:00-09:00	<u> </u>			
09:00-10:00		Biggest problems faced in the day		
10:00-11:00	·			
11:00-12:00	<u>, , , , , , , , , , , , , , , , , , , </u>			
12:00-13:00	<u> </u>	Habit Tracker (check if done) Go For Run	1	
13:00-14:00	· · ·	Reading for 1 hr	]	
14:00-15:00		4 Focus blocks	]	
15:00-16:00	· · · · · · · · · · · · · · · · · · ·	No Distraction  Notes / Brain Dump		
16:00-17:00	· · ·	Notes / Brain Dump		
17:00-18:00				
18:00-19:00	<u> </u>			
19:00-20:00				
20:00-21:00				
21:00-22:00	<u> </u>			
22:00-23:00	· ·			
23:00-24:00				

Wednesday, 26 Nov 2025		Arun Yadav Day 70 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00	<del></del>	
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—   =======	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr 4 Focus blocks	-
14:00-15:00	No Distraction [	<u> </u>
15:00-16:00	Notes / Brain Dump	
16:00-17:00		
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 27 Nov 2025	Arun Yadav Day 71 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Friday, 28 Nov 2025		Arun Yadav Day 72 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00		Batantan
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00		
09:00-10:00	Biggest problems faced in the c	day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction  Notes / Brain Dump	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 29 Nov 2025		Arun Yadav Day 73 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00 06:00-07:00		
07:00-08:00	Plan for Tomorrow	
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00		
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Sunday, 30 Nov 2025				Arun Yadav Day 74 / 100  Energy / Focus (0-10):
Top Priority #1	Top F	Priority #2	Тор Р	Priority #3
Time Log			] [	
00:00-01:00		Wins		
01:00-02:00				
02:00-03:00	<u> </u>			
03:00-04:00		Key Learnings		Distractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·			
05:00-06:00	<u> </u>			
06:00-07:00		Plan for Tomorrow		
07:00-08:00				
08:00-09:00				
09:00-10:00		Biggest problems faced in the day		
10:00-11:00				
11:00-12:00				
12:00-13:00	<u> </u>	Habit Tracker (check if done)	_	
13:00-14:00		Go For Run  Reading for 1 hr	_ ¬	
14:00-15:00		4 Focus blocks	j	
15:00-16:00		No Distraction		
16:00-17:00		Notes / Brain Dump		
17:00-18:00				
18:00-19:00				
19:00-20:00				
20:00-21:00	· · · · · · · · · · · · · · · · · · ·			
21:00-22:00	<u> </u>			
22:00-23:00				
23:00-24:00				

Monday, 01 Dec 2025	Arun Yadav Day 75 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr 4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Tuesday, 02 Dec 2025		Arun Yadav Day 76 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		Distractions
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the da	ау
10:00-11:00	-	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	_
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Wednesday, 03 Dec 2025	Arun Yadav Day 77 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Thursday, 04 Dec 2025	Arun Yadav Day 78 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr 4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Friday, 05 Dec 2025		Arun Yadav Day 79 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the d	day
10:00-11:00	—   <u> </u>	_
11:00-12:00		
12:00-13:00	Habit Tracker (check if done) Go For Run	П
13:00-14:00	Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00	<u> </u>	
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 06 Dec 2025		Arun Yadav Day 80 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Top I Holly #1	Top I Holly #2	Top I Holly #0
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>                                 </u>	
02:00-03:00		Piatrations
03:00-04:00	Key Learnings	Distractions
04:00-05:00	<u> </u>	
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Sunday, 07 Dec 2025	Arun Yadav Day 81 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 08 Dec 2025				Arun Yadav Day 82 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #	‡2	Top P	riority #3
Time Log				
00:00-01:00	Wins			
01:00-02:00	· · · ·			
02:00-03:00		Learnings		stractions
03:00-04:00	Rey l	Leanings		Stractions
04:00-05:00				
05:00-06:00	<u> </u>			
06:00-07:00	Plan	for Tomorrow		
07:00-08:00	· · · · · · · · · · · · · · · · · · ·			
08:00-09:00				
09:00-10:00	Bigge	est problems faced in the day		
10:00-11:00				
11:00-12:00				
12:00-13:00	· · · ·	t Tracker (check if done) For Run		
13:00-14:00		iding for 1 hr		
14:00-15:00	1 1	ocus blocks   Distraction		
15:00-16:00		s / Brain Dump		
16:00-17:00		קווווים וומום י		
17:00-18:00				
18:00-19:00				
19:00-20:00				
20:00-21:00				
21:00-22:00				
22:00-23:00				
23:00-24:00				

Tuesday, 09 Dec 2025		Arun Yadav Day 83 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	_	
09:00-10:00	Biggest problems faced in	n the day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if do	one)
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00	<u> </u>	
18:00-19:00	<u> </u>	
19:00-20:00	<u></u>	
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Wednesday, 10 Dec 2025	Arun Yadav Day 84 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Thursday, 11 Dec 2025	Arun Yadav Day 85 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Friday, 12 Dec 2025		Arun Yadav Day 86 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log	1	
00:00-01:00	Wins	
01:00-02:00	<u> </u>	
02:00-03:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	_       ======	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00	Notes / Brain Dump	
16:00-17:00	——   Notes / Diain Duffip	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 13 Dec 2025	Arun Yadav Day 87 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Sunday, 14 Dec 2025	Arun Yadav Day 88 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Monday, 15 Dec 2025	Arun Yadav Day 89 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
22:00-23:00 23:00-24:00	

Tuesday, 16 Dec 2025	Arun Yadav Day 90 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log  00:00-01:00  01:00-02:00	Wins —
02:00-03:00 03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00 15:00-16:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
16:00-17:00 17:00-18:00 18:00-19:00	Notes / Brain Dump
19:00-20:00 20:00-21:00 21:00-22:00	
<u>22:00-23:00</u> <u>23:00-24:00</u>	

Wednesday, 17 Dec 2025		Arun Yadav Day 91 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u>, , , , , , , , , , , , , , , , , , , </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 18 Dec 2025				Arun Yadav Day 92 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2		Top P	riority #3
Time Log				
00:00-01:00	Wins	•		
01:00-02:00				
02:00-03:00		1		ata atta a
03:00-04:00	Key	Learnings		stractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·			
05:00-06:00				
06:00-07:00	Plan	for Tomorrow		
07:00-08:00				
08:00-09:00				
09:00-10:00	Bigg	est problems faced in the day		
10:00-11:00				
11:00-12:00				
12:00-13:00	<u> </u>	t Tracker (check if done)		
13:00-14:00		For Run		
14:00-15:00	4 Fo	ocus blocks		
15:00-16:00		Distraction		
16:00-17:00	Note	s / Brain Dump		
17:00-18:00				
18:00-19:00				
19:00-20:00	·			
20:00-21:00				
21:00-22:00				
22:00-23:00				
23:00-24:00				

Friday, 19 Dec 2025	Energy / Fo	Arun Yadav Day 93 / 100 cus (0-10):
Top Priority #1	Top Priority #2 Top Priority #3	
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings Distractions	
03:00-04:00	—	
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in the day	
10:00-11:00	—	
11:00-12:00	Habit Tracker (check if done)	
12:00-13:00	Go For Run	
13:00-14:00	Reading for 1 hr 4 Focus blocks	
14:00-15:00 15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Saturday, 20 Dec 2025	Arun Yadav Day 94 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2  Top Priority #3
Time Log 00:00-01:00	Wins
01:00-02:00 02:00-03:00	
03:00-04:00 04:00-05:00 05:00-06:00	Key Learnings  Distractions
06:00-07:00 07:00-08:00 08:00-09:00	Plan for Tomorrow
09:00-10:00 10:00-11:00 11:00-12:00	Biggest problems faced in the day
12:00-13:00 13:00-14:00 14:00-15:00	Habit Tracker (check if done)  Go For Run  Reading for 1 hr  4 Focus blocks  No Distraction
15:00-16:00 16:00-17:00	Notes / Brain Dump
17:00-18:00 18:00-19:00 19:00-20:00	
20:00-21:00 21:00-22:00 22:00-23:00	
23:00-24:00	

Sunday, 21 Dec 2025		Arun Yadav Day 95 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00 03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	′
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Monday, 22 Dec 2025			Arun Yadav Day 96 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2		Top Priority #3
Time Log			l L
00:00-01:00	Wins		
01:00-02:00			
02:00-03:00			
03:00-04:00	Key Learni	ngs	Distractions
04:00-05:00	· · · · · · · · · · · · · · · · · · ·		
05:00-06:00	<u> </u>		
06:00-07:00	Plan for To	omorrow	
07:00-08:00			
08:00-09:00			
09:00-10:00	Biggest pro	oblems faced in the day	
10:00-11:00	_		
11:00-12:00			
12:00-13:00	Habit Track	ker (check if done)	1
13:00-14:00	Reading		
14:00-15:00	4 Focus t		]
15:00-16:00	No Distra		
16:00-17:00	Notes / Bia	ян Бинр	
17:00-18:00	<u> </u>		
18:00-19:00	<u> </u>		
19:00-20:00			
20:00-21:00	<u> </u>		
21:00-22:00			
22:00-23:00			
23:00-24:00			

Tuesday, 23 Dec 2025		Arun Yadav Day 97 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00	<u>· · · ·                                 </u>	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00	<u> </u>	
06:00-07:00	Plan for Tomorrow	
07:00-08:00	<u> </u>	
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the	day
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	П
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction  Notes / Brain Dump	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00	<u> </u>	
22:00-23:00		
23:00-24:00		

Wednesday, 24 Dec 2025		Arun Yadav Day 98 / 100 Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00 01:00-02:00	Wins	
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00	<u> </u>	
09:00-10:00	Biggest problems faced in the day	
10:00-11:00		
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Thursday, 25 Dec 2025		Arun Yadav Day 99 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00		
03:00-04:00	Key Learnings	Distractions
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00		
08:00-09:00		
09:00-10:00	Biggest problems faced in	the day
10:00-11:00	_	
11:00-12:00		
12:00-13:00	Habit Tracker (check if do	ne)
13:00-14:00	—— Reading for 1 hr	
14:00-15:00	4 Focus blocks No Distraction	
15:00-16:00		
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		

Friday, 26 Dec 2025		Arun Yadav Day 100 / 100  Energy / Focus (0-10):
Top Priority #1	Top Priority #2	Top Priority #3
Time Log		
00:00-01:00	Wins	
01:00-02:00		
02:00-03:00	Key Learnings	Distractions
03:00-04:00		
04:00-05:00		
05:00-06:00		
06:00-07:00	Plan for Tomorrow	
07:00-08:00	· ·	
08:00-09:00 09:00-10:00	Biggest problems faced in the day	,
10:00-11:00	Biggest problems raced in the day	
11:00-12:00		
12:00-13:00	Habit Tracker (check if done)	
13:00-14:00	Go For Run Reading for 1 hr	
14:00-15:00	4 Focus blocks	
15:00-16:00	No Distraction	
16:00-17:00	Notes / Brain Dump	
17:00-18:00		
18:00-19:00		
19:00-20:00		
20:00-21:00		
21:00-22:00		
22:00-23:00		
23:00-24:00		