

# 60-Day Productivity Logbook

Start date: 16 September 2025 — Tuesday

Productivity Logbook — Two days per A4 page — Dense hourly tracking + checklist

## Tuesday, 16 September 2025

Day 1 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### MOVEMENT & WELLNESS

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		

## Wednesday, 17 September 2025

Day 2 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		

Time	Expected	Actual
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
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		
23:00–00:00		

Time	Expected	Actual
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
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		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle: \_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus: \_\_\_\_\_

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle: \_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus: \_\_\_\_\_

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_

## Thursday, 18 September 2025

Day 3 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Friday, 19 September 2025

Day 4 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Saturday, 20 September 2025

Day 5 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Sunday, 21 September 2025

Day 6 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Monday, 22 September 2025

Day 7 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Tuesday, 23 September 2025

Day 8 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Wednesday, 24 September 2025

Day 9 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_

Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

### Actual

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Thursday, 25 September 2025

Day 10 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_

Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

### Actual

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Friday, 26 September 2025**

Day 11 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Saturday, 27 September 2025**

Day 12 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Sunday, 28 September 2025

Day 13 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Monday, 29 September 2025

Day 14 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

**Tuesday, 30 September 2025**

Day 15 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS****REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Wednesday, 01 October 2025**

Day 16 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS****REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Thursday, 02 October 2025

Day 17 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Friday, 03 October 2025

Day 18 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Saturday, 04 October 2025

Day 19 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Sunday, 05 October 2025

Day 20 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

Date:  
\_\_\_\_\_

\_\_\_\_\_  
Signature

**Monday, 06 October 2025**

Day 21 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Tuesday, 07 October 2025**

Day 22 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Wednesday, 08 October 2025

Day 23 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

## Thursday, 09 October 2025

Day 24 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

### COMMIT / ACTION

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Friday, 10 October 2025**

Day 25 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Saturday, 11 October 2025**

Day 26 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Sunday, 12 October 2025

Day 27 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Monday, 13 October 2025

Day 28 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Tuesday, 14 October 2025**

Day 29 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:

---



---

Time spent: \_\_\_\_ minutes

**MOVEMENT & WELLNESS**

What to do:

---



---

Duration: \_\_\_\_ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Wednesday, 15 October 2025**

Day 30 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:

---



---

Time spent: \_\_\_\_ minutes

**MOVEMENT & WELLNESS**

What to do:

---



---

Duration: \_\_\_\_ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Thursday, 16 October 2025

Day 31 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Friday, 17 October 2025

Day 32 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Saturday, 18 October 2025**

Day 33 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Sunday, 19 October 2025**

Day 34 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Monday, 20 October 2025**

Day 35 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Tuesday, 21 October 2025**

Day 36 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Wednesday, 22 October 2025

Day 37 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_

Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

## Thursday, 23 October 2025

Day 38 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_

Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Friday, 24 October 2025**

Day 39 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Saturday, 25 October 2025**

Day 40 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Sunday, 26 October 2025

Day 41 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Monday, 27 October 2025

Day 42 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Tuesday, 28 October 2025**

Day 43 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Wednesday, 29 October 2025**

Day 44 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature

**Thursday, 30 October 2025**

Day 45 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

**Friday, 31 October 2025**

Day 46 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature

## Saturday, 01 November 2025

Day 47 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Sunday, 02 November 2025

Day 48 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Monday, 03 November 2025**

Day 49 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:

---



---

Time spent: \_\_\_\_ minutes

**MOVEMENT & WELLNESS**

What to do:

---



---

Duration: \_\_\_\_ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Tuesday, 04 November 2025**

Day 50 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:

---



---

Time spent: \_\_\_\_ minutes

**MOVEMENT & WELLNESS**

What to do:

---



---

Duration: \_\_\_\_ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

Date:  
\_\_\_\_\_

\_\_\_\_\_  
Signature

## Wednesday, 05 November 2025

Day 51 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Thursday, 06 November 2025

Day 52 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes
_____	_____

### MOVEMENT & WELLNESS

### REFINEMENT / REVIEW

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

### COMMIT / ACTION

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

**Friday, 07 November 2025**

Day 53 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Saturday, 08 November 2025**

Day 54 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

**REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today:
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date:

## Sunday, 09 November 2025

Day 55 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

## Monday, 10 November 2025

Day 56 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

### PRACTICE / SKILL WORK

What to practice:	What to do:
_____	_____
Time spent: ____ minutes	Duration: ____ minutes

### REFINEMENT / REVIEW

What to review or improve: _____
Notes: _____

### COMMIT / ACTION

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

Date:  
\_\_\_\_\_

\_\_\_\_\_  
Signature

**Tuesday, 11 November 2025**

Day 57 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS****REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: \_\_\_\_\_  
Deadline / Reminder: \_\_\_\_\_

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

**Wednesday, 12 November 2025**

Day 58 / 60

**TOP 3 PRIORITIES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FOCUS BLOCKS (Plan & Time)**

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_ to \_\_\_\_

**PRACTICE / SKILL WORK**

What to practice:	What to do:
Time spent: ____ minutes	Duration: ____ minutes

**MOVEMENT & WELLNESS****REFINEMENT / REVIEW**

What to review or improve: \_\_\_\_\_  
Notes: \_\_\_\_\_

**COMMIT / ACTION**

Concrete action I will take today: _____
Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

Time	Expected	Actual
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle:

\_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus:

Improvement Box (What will I change tomorrow?)

\_\_\_\_\_  
Signature

Date:  
\_\_\_\_\_

## Thursday, 13 November 2025

Day 59 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_

### PRACTICE / SKILL WORK

#### WORK

What to practice:
_____
Time spent: _____ minutes

### MOVEMENT & WELLNESS

What to do:
_____
Duration: _____ minutes

### REFINEMENT / REVIEW

What to review or improve:
_____
Notes:
_____

### COMMIT / ACTION

Concrete action I will take today:
_____
Deadline / Reminder:
_____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		

## Friday, 14 November 2025

Day 60 / 60

### TOP 3 PRIORITIES

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### FOCUS BLOCKS (Plan & Time)

- Block 1 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 2 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 3 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_
- Block 4 Goal: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_

### PRACTICE / SKILL WORK

### MOVEMENT & WELLNESS

What to practice:	What to do:
_____	_____
Time spent: _____ minutes	Duration: _____ minutes

### REFINEMENT / REVIEW

What to review or improve:
Notes:

### COMMIT / ACTION

Concrete action I will take today:
Deadline / Reminder:

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
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		
23:00–00:00		

### END-OF-DAY REFLECTION

Time	Expected	Actual
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
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		
23:00–00:00		

Wins today: \_\_\_\_\_ Main obstacle: \_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus: \_\_\_\_\_

**Improvement Box (What will I change tomorrow?)**

Signature \_\_\_\_\_

Date: \_\_\_\_\_

#### END-OF-DAY REFLECTION

Wins today: \_\_\_\_\_ Main obstacle: \_\_\_\_\_

Energy / Mood (1-10): \_\_\_\_\_ Tomorrow's focus: \_\_\_\_\_

**Improvement Box (What will I change tomorrow?)**

Signature \_\_\_\_\_

Date: \_\_\_\_\_