

Tuesday, 16 September 2025 (Day 1/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Wednesday, 17 September 2025 (Day 2/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Thursday, 18 September 2025 (Day 3/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Friday, 19 September 2025 (Day 4/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Saturday, 20 September 2025 (Day 5/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Sunday, 21 September 2025 (Day 6/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Monday, 22 September 2025 (Day 7/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Tuesday, 23 September 2025 (Day 8/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Wednesday, 24 September 2025 (Day 9/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Thursday, 25 September 2025 (Day 10/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Friday, 26 September 2025 (Day 11/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Saturday, 27 September 2025 (Day 12/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Sunday, 28 September 2025 (Day 13/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Monday, 29 September 2025 (Day 14/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Tuesday, 30 September 2025 (Day 15/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Wednesday, 01 October 2025 (Day 16/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Thursday, 02 October 2025 (Day 17/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Friday, 03 October 2025 (Day 18/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Saturday, 04 October 2025 (Day 19/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Sunday, 05 October 2025 (Day 20/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Monday, 06 October 2025 (Day 21/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Tuesday, 07 October 2025 (Day 22/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Wednesday, 08 October 2025 (Day 23/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Thursday, 09 October 2025 (Day 24/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Friday, 10 October 2025 (Day 25/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Saturday, 11 October 2025 (Day 26/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Sunday, 12 October 2025 (Day 27/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Monday, 13 October 2025 (Day 28/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Tuesday, 14 October 2025 (Day 29/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Wednesday, 15 October 2025 (Day 30/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Thursday, 16 October 2025 (Day 31/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Friday, 17 October 2025 (Day 32/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Saturday, 18 October 2025 (Day 33/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Sunday, 19 October 2025 (Day 34/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Monday, 20 October 2025 (Day 35/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Tuesday, 21 October 2025 (Day 36/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Wednesday, 22 October 2025 (Day 37/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Thursday, 23 October 2025 (Day 38/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Friday, 24 October 2025 (Day 39/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Saturday, 25 October 2025 (Day 40/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Sunday, 26 October 2025 (Day 41/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Monday, 27 October 2025 (Day 42/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Tuesday, 28 October 2025 (Day 43/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Wednesday, 29 October 2025 (Day 44/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Thursday, 30 October 2025 (Day 45/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Friday, 31 October 2025 (Day 46/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Saturday, 01 November 2025 (Day 47/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Sunday, 02 November 2025 (Day 48/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Monday, 03 November 2025 (Day 49/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Tuesday, 04 November 2025 (Day 50/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Wednesday, 05 November 2025 (Day 51/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Thursday, 06 November 2025 (Day 52/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Friday, 07 November 2025 (Day 53/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Saturday, 08 November 2025 (Day 54/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Sunday, 09 November 2025 (Day 55/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Monday, 10 November 2025 (Day 56/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Tuesday, 11 November 2025 (Day 57/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Wednesday, 12 November 2025 (Day 58/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____

Thursday, 13 November 2025 (Day 59/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____



Daily Activity Log

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		

Time	Expected	Actual
23:00–00:00		

End of Day Reflection

- Wins today: _____
- Main obstacle: _____
- Energy / Mood (1-10): _____
- Tomorrow's focus: _____

Improvement Box

Signature

_____ Date: _____

Friday, 14 November 2025 (Day 60/60)

Top 3 Priorities

- 1.
- 2.
- 3.

Focus Blocks

- Block 1 Goal: _____ Time: –
- Block 2 Goal: _____ Time: –
- Block 3 Goal: _____ Time: –
- Block 4 Goal: _____ Time: –

Practice / Skill Work

What: _____ Time: ___ mins

Movement & Wellness

What: _____ Duration: ___ mins

Refinement / Review

What to review: _____

Notes: _____

Commit / Action

Concrete action: _____

Deadline / Reminder: _____

Daily Activity Log

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		

Time	Expected	Actual
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

Signature

Date: _____