

Thursday, 18 Sep 2025

Arun Yadav

Day 1 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 19 Sep 2025

Arun Yadav

Day 2 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 20 Sep 2025

Arun Yadav

Day 3 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Sunday, 21 Sep 2025

Arun Yadav

Day 4 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 22 Sep 2025

Arun Yadav

Day 5 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 23 Sep 2025

Arun Yadav

Day 6 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 24 Sep 2025

Arun Yadav

Day 7 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 25 Sep 2025

Arun Yadav

Day 8 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 26 Sep 2025

Arun Yadav

Day 9 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 27 Sep 2025

Arun Yadav

Day 10 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 28 Sep 2025

Arun Yadav

Day 11 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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02:00-03:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 29 Sep 2025

Arun Yadav

Day 12 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 30 Sep 2025

Arun Yadav

Day 13 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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01:00-02:00

02:00-03:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 01 Oct 2025

Arun Yadav

Day 14 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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01:00-02:00

02:00-03:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 02 Oct 2025

Arun Yadav

Day 15 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 03 Oct 2025

Arun Yadav

Day 16 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 04 Oct 2025

Arun Yadav

Day 17 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 05 Oct 2025

Arun Yadav

Day 18 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 06 Oct 2025

Arun Yadav

Day 19 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 07 Oct 2025

Arun Yadav

Day 20 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Thursday, 09 Oct 2025

Arun Yadav

Day 22 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 10 Oct 2025

Arun Yadav

Day 23 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 11 Oct 2025

Arun Yadav

Day 24 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

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11:00-12:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Sunday, 12 Oct 2025

Arun Yadav

Day 25 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 13 Oct 2025

Arun Yadav

Day 26 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

07:00-08:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 14 Oct 2025

Arun Yadav

Day 27 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 15 Oct 2025

Arun Yadav

Day 28 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 16 Oct 2025

Arun Yadav

Day 29 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 17 Oct 2025

Arun Yadav

Day 30 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 18 Oct 2025

Arun Yadav

Day 31 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

07:00-08:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 19 Oct 2025

Arun Yadav

Day 32 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 20 Oct 2025

Arun Yadav

Day 33 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 21 Oct 2025

Arun Yadav

Day 34 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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10:00-11:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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13:00-14:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Thursday, 23 Oct 2025

Arun Yadav

Day 36 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 24 Oct 2025

Arun Yadav

Day 37 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 25 Oct 2025

Arun Yadav

Day 38 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 26 Oct 2025

Arun Yadav

Day 39 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 27 Oct 2025

Arun Yadav

Day 40 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Tuesday, 28 Oct 2025

Arun Yadav

Day 41 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

07:00-08:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Thursday, 30 Oct 2025

Arun Yadav

Day 43 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 31 Oct 2025

Arun Yadav

Day 44 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 01 Nov 2025

Arun Yadav

Day 45 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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13:00-14:00

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15:00-16:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 02 Nov 2025

Arun Yadav

Day 46 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 03 Nov 2025

Arun Yadav

Day 47 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 04 Nov 2025

Arun Yadav

Day 48 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 05 Nov 2025

Arun Yadav

Day 49 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 06 Nov 2025

Arun Yadav

Day 50 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 07 Nov 2025

Arun Yadav

Day 51 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 08 Nov 2025

Arun Yadav

Day 52 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 09 Nov 2025

Arun Yadav

Day 53 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 10 Nov 2025

Arun Yadav

Day 54 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 11 Nov 2025

Arun Yadav

Day 55 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 12 Nov 2025

Arun Yadav

Day 56 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 13 Nov 2025

Arun Yadav

Day 57 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 14 Nov 2025

Arun Yadav

Day 58 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 15 Nov 2025

Arun Yadav

Day 59 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 16 Nov 2025

Arun Yadav

Day 60 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 17 Nov 2025

Arun Yadav

Day 61 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 18 Nov 2025

Arun Yadav

Day 62 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 19 Nov 2025

Arun Yadav

Day 63 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 20 Nov 2025

Arun Yadav

Day 64 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 21 Nov 2025

Arun Yadav

Day 65 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 22 Nov 2025

Arun Yadav

Day 66 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 23 Nov 2025

Arun Yadav

Day 67 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 24 Nov 2025

Arun Yadav

Day 68 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 25 Nov 2025

Arun Yadav

Day 69 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 26 Nov 2025

Arun Yadav

Day 70 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 27 Nov 2025

Arun Yadav

Day 71 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

05:00-06:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 28 Nov 2025

Arun Yadav

Day 72 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 29 Nov 2025

Arun Yadav

Day 73 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 30 Nov 2025

Arun Yadav

Day 74 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 01 Dec 2025

Arun Yadav

Day 75 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 02 Dec 2025

Arun Yadav

Day 76 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 03 Dec 2025

Arun Yadav

Day 77 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Thursday, 04 Dec 2025

Arun Yadav

Day 78 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 05 Dec 2025

Arun Yadav

Day 79 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 06 Dec 2025

Arun Yadav

Day 80 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 07 Dec 2025

Arun Yadav

Day 81 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 08 Dec 2025

Arun Yadav

Day 82 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 09 Dec 2025

Arun Yadav

Day 83 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Thursday, 11 Dec 2025

Arun Yadav

Day 85 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 12 Dec 2025

Arun Yadav

Day 86 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 13 Dec 2025

Arun Yadav

Day 87 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 14 Dec 2025

Arun Yadav

Day 88 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 15 Dec 2025

Arun Yadav

Day 89 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

04:00-05:00

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06:00-07:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 16 Dec 2025

Arun Yadav

Day 90 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Wednesday, 17 Dec 2025

Arun Yadav

Day 91 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

02:00-03:00

03:00-04:00

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22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Thursday, 18 Dec 2025

Arun Yadav

Day 92 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Friday, 19 Dec 2025

Arun Yadav

Day 93 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Saturday, 20 Dec 2025

Arun Yadav

Day 94 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Sunday, 21 Dec 2025

Arun Yadav

Day 95 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

01:00-02:00

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Monday, 22 Dec 2025

Arun Yadav

Day 96 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Tuesday, 23 Dec 2025

Arun Yadav

Day 97 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

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

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16:00-17:00

17:00-18:00

18:00-19:00

19:00-20:00

20:00-21:00

21:00-22:00

22:00-23:00

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

- ☐ _____
- ☐ _____
- ☐ _____

Habit Tracker (check if done)

- Go For Run ☐
- Reading for 1 hr ☐
- 4 Focus blocks ☐
- No Distraction ☐

Notes / Brain Dump

Friday, 26 Dec 2025

Arun Yadav

Day 100 / 100

Energy / Focus (0-10): _____

Top Priority #1

Top Priority #2

Top Priority #3

Time Log

00:00-01:00

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

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12:00-13:00

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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

23:00-24:00

Wins

Key Learnings

Distractions

Plan for Tomorrow

Biggest problems faced in the day

☐☐☐

Habit Tracker (check if done)

Go For Run

☐

Reading for 1 hr

☐

4 Focus blocks

☐

No Distraction

☐

Notes / Brain Dump