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- Quick notes / learnings:

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

Signature

Date

**Daily MUST-DO Checklist (non-negotiable)**

- Wake by 05:30 / morning routine (hydration, quick stretch)
- First focused study block — 90+ minutes (Pomodoro)
- Coding / project work — 60 minutes
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- No social media during deep work
- Plan tomorrow (3 top priorities)
- Read / learn something new — 30 minutes
- Sleep by 23:00 target

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