

60-Day Productivity Logbook

Start date: 16 September 2025 — Tuesday

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

Tuesday, 16 September 2025

Day 1 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Wednesday, 17 September 2025

Day 2 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Time	Expected	Actual
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

Time	Expected	Actual
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

Thursday, 18 September 2025

Day 3 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Friday, 19 September 2025

Day 4 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Saturday, 20 September 2025

Day 5 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Sunday, 21 September 2025

Day 6 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Monday, 22 September 2025

Day 7 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Tuesday, 23 September 2025

Day 8 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Wednesday, 24 September 2025

Day 9 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Thursday, 25 September 2025

Day 10 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Friday, 26 September 2025

Day 11 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Saturday, 27 September 2025

Day 12 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Sunday, 28 September 2025

Day 13 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Monday, 29 September 2025

Day 14 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Tuesday, 30 September 2025

Day 15 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Wednesday, 01 October 2025

Day 16 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

Thursday, 02 October 2025

Day 17 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Friday, 03 October 2025

Day 18 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Saturday, 04 October 2025

Day 19 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Sunday, 05 October 2025

Day 20 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Monday, 06 October 2025

Day 21 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Tuesday, 07 October 2025

Day 22 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Wednesday, 08 October 2025

Day 23 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Thursday, 09 October 2025

Day 24 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Friday, 10 October 2025

Day 25 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Saturday, 11 October 2025

Day 26 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Sunday, 12 October 2025

Day 27 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Monday, 13 October 2025

Day 28 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle:

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Tuesday, 14 October 2025

Day 29 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Wednesday, 15 October 2025

Day 30 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Thursday, 16 October 2025

Day 31 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Friday, 17 October 2025

Day 32 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Saturday, 18 October 2025

Day 33 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Sunday, 19 October 2025

Day 34 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Monday, 20 October 2025

Day 35 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Tuesday, 21 October 2025

Day 36 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature _____ Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature _____ Date: _____

Wednesday, 22 October 2025

Day 37 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Thursday, 23 October 2025

Day 38 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Friday, 24 October 2025

Day 39 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Saturday, 25 October 2025

Day 40 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Sunday, 26 October 2025

Day 41 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Monday, 27 October 2025

Day 42 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date: _____

Tuesday, 28 October 2025

Day 43 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Wednesday, 29 October 2025

Day 44 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Thursday, 30 October 2025

Day 45 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Friday, 31 October 2025

Day 46 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Saturday, 01 November 2025

Day 47 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Sunday, 02 November 2025

Day 48 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Monday, 03 November 2025

Day 49 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Tuesday, 04 November 2025

Day 50 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Wednesday, 05 November 2025

Day 51 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Thursday, 06 November 2025

Day 52 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Friday, 07 November 2025

Day 53 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Saturday, 08 November 2025

Day 54 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Sunday, 09 November 2025

Day 55 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Monday, 10 November 2025

Day 56 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature

Date:

Tuesday, 11 November 2025

Day 57 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

Wednesday, 12 November 2025

Day 58 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: ____ to ____
- ☐ Block 2 Goal: _____ Time: ____ to ____
- ☐ Block 3 Goal: _____ Time: ____ to ____
- ☐ Block 4 Goal: _____ Time: ____ to ____

PRACTICE / SKILL WORK

What to practice: _____

Time spent: ____ minutes

MOVEMENT & WELLNESS

What to do: _____

Duration: ____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

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

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

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

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

Signature Date: _____

Thursday, 13 November 2025

Day 59 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: _____
to _____
- ☐ Block 2 Goal: _____ Time: _____
to _____
- ☐ Block 3 Goal: _____ Time: _____
to _____
- ☐ Block 4 Goal: _____ Time: _____
to _____

PRACTICE / SKILL
WORK

What to practice:

Time spent: _____ minutes

MOVEMENT &
WELLNESS

What to do:

Duration: _____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today:

Deadline / Reminder: _____

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

Friday, 14 November 2025

Day 60 / 60

TOP 3 PRIORITIES

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

FOCUS BLOCKS (Plan & Time)

- ☐ Block 1 Goal: _____ Time: _____ to _____
- ☐ Block 2 Goal: _____ Time: _____ to _____
- ☐ Block 3 Goal: _____ Time: _____ to _____
- ☐ Block 4 Goal: _____ Time: _____ to _____

PRACTICE / SKILL WORK

What to practice:

Time spent: _____ minutes

MOVEMENT & WELLNESS

What to do:

Duration: _____ minutes

REFINEMENT / REVIEW

What to review or improve: _____

Notes: _____

COMMIT / ACTION

Concrete action I will take today: _____

Deadline / Reminder: _____

Time	Expected	Actual
00:00–01:00		
01:00–02:00		
02:00–03:00		
03:00–04:00		
04:00–05:00		
05:00–06:00		
06:00–07:00		
07:00–08:00		
08:00–09:00		
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

END-OF-DAY REFLECTION

Time	Expected	Actual
09:00–10:00		
10:00–11:00		
11:00–12:00		
12:00–13:00		
13:00–14:00		
14:00–15:00		
15:00–16:00		
16:00–17:00		
17:00–18:00		
18:00–19:00		
19:00–20:00		
20:00–21:00		
21:00–22:00		
22:00–23:00		
23:00–00:00		

END-OF-DAY REFLECTION

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

_____ Date: _____

Signature _____

Wins today: _____ Main obstacle: _____

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

Improvement Box (What will I change tomorrow?)

_____ Signature _____ Date: _____