

	The plan	What I actually did
6:00		
7:00		
8:00		
9:00		
10:00		
11:00		
12:00		
13:00		
14:00		
15:00		
16:00		
17:00		
18:00		
19:00		
20:00		
21:00		

Date:

What are our top 3 goals today?

Write daily notes or future tasks:

Review

Area	Description	Score	Comments
Overall	Impression of the day		
Mental	Enthusiasm, focus		
Body	Diet, exercise		
Work	Skills improved		
Relations	Worked well w/ others		
Life	Personal life is good		
Learning	Self-study going well		
Routines	Did many routine tasks		
SCORE 0-5	TOTAL (OUT OF 40)		