What are our top		The plan	What I actually did	Date:	
Section Sect	6:00			What are ou	r top
9:00 10:00 11:00 12:00 Write daily notes 13:00 14:00 15:00 Area Overall Impr Mental Enth Body Diet, Work Skills 19:00 19:00 Relations Work Life Pers Learning Self- Routines Did r SCORE 0-5 To	7:00				
9:00 10:00 11:00 12:00 Write daily notes 13:00 14:00 15:00 Area Overall Impr Mental Enth Body Diet, Work Skills 19:00 19:00 Relations Work Life Pers Learning Self- Routines Did r SCORE 0-5 To					
10:00 11:00 12:00 Write daily notes 13:00 14:00 15:00 16:00 Area Overall Impr Mental Enth Body Diet. Work Skills 19:00 Relations Work Life Pers Learning Self- Routines Didr SCORR 0-5 To	8:00				
10:00 11:00 12:00 Write daily notes 13:00 14:00 15:00 16:00 Area Overall Impr Mental Enth Body Diet. Work Skills 19:00 Relations Work Life Pers Learning Self- Routines Didr SCORR 0-5 To	9:00				
11:00	9.00				
12:00	10:00				
12:00					
13:00	11:00				
13:00	12:00				
14:00 15:00 16:00 Area Overall Impr Mental Enth Body Diet, Work Skills Work Skills Relations Work Life Perso Learning Self- Routines Did r SCORE 0-5 To	12.00			Write daily n	otes
15:00 16:00 Area Overall Impr Mental Enth Body Diet, Work Skills Relations Work Life Perso Learning Self- Routines Did r SCORE 0-5 T6	13:00				
15:00 16:00 Area Overall Impr Mental Enth Body Diet, Work Skills Relations Work Life Perso Learning Self- Routines Did r SCORE 0-5 T6					
Area	14:00				
Area	15.00				
17:00	15.00				
17:00	16:00				1
17:00 18:00 19:00 20:00 Mental Enth Body Diet, Work Skills Relations Work Life Perso Routines Did r SCORE 0-5 TO					lmnr
18:00 19:00 20:00 Body Work Skills Relations Work Life Perso Learning Score 0-5 To	17:00				
19:00 19:00 Relations Work Life Perso Learning Self- Routines Did r					
19:00 Life Person 20:00 Routines Did r SCORE 0-5	18:00				Skills
20:00 Life Personal Life Personal Life Personal Self-Life Personal Life	10.00			Relations	
20:00 Routines Did r	19.00				
SCORE 0-5 TO	20:00				
21:00					
	21:00	!	!!		l!.

Date:				
What are our top 3 goals today?				
Write daily notes or future tasks:				
Davie				
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)		