

Personal Goals

#1	
#2	
#3	

meals

#1	
#2	
#3	
#4	
#5	

Work Goals

#1	
#2	
#3	

Daily Habits

Mindfulness

(headspace day\_\_\_\_)

Exercise

\_\_\_\_ x 4 pushups  
30 mins bike (~9 mi)

TimeBox

(tomorrow's plan)

6	
7	
8	
9	
10	
11	
noon	
1	
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12	