

```DAY 3: THE DAY OF SEPTEMBER 01, 2020```

****List of Todos & Learnings****

- ☐ Finish schoolwork until Wednesday
- ☐ Streaks
- ☐ Routines

Almost finished schoolwork but apparently there was more work I didn't know about. So I guess things always tend to be more work.

****Feelings****

****Gratitude & Acceptance****

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****Streaks****

meditation: 5
nopmo: 8
working-out: 2

****Routines****

SLEEP SCHEDULE : 6:00 OUT - 21:30 IN

INTERMITTEND FASTING: BETWEEN 19:00 and 11:00