







DATE: ___/___/___

PRIORITY ACTION OF THE DAY

The main focus of your day with the movements to accomplish it

.....

.....

.....

.....

OTHER TASKS

The secondary tasks you would like to accomplish today

.....

.....







.....

.....

ROUTINE

The routine task of your day

.....

IDEA BOX

.....

NOTES

.....

SCHEDULE



5 a.m.

6 a.m.

7 a.m.

8 a.m.

9 a.m.

10 a.m.

11 a.m.

12 p.m.

1 p.m.

2 p.m.

3 p.m.

4 p.m.

5 p.m.

6 p.m.

7 p.m.

8 p.m.

9 p.m.

10 p.m.