

Date: \_\_\_\_\_ (M)(T)(W)(T)(F)(S)(S)

**Morning Routine:**

- Short Walk
- Trim Beard
- Brush Teeth + Floss

**Nightly Routine:**

- Optimism Writing
- Meditation
- Brush Teeth + Floss

**Exercise:** \_\_\_\_\_ mins W: \_\_\_\_\_ mins C: \_\_\_\_\_ mins

\_\_\_\_\_ lbs \_\_\_\_ x \_\_\_\_  
 \_\_\_\_\_ lbs \_\_\_\_ x \_\_\_\_  
 \_\_\_\_\_ lbs \_\_\_\_ x \_\_\_\_  
 \_\_\_\_\_ lbs \_\_\_\_ x \_\_\_\_  
 \_\_\_\_\_ lbs \_\_\_\_ x \_\_\_\_

**Reminders:**

**Distractions:**

**Focus:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
1hr 2hrs 3hrs 4hrs 5hrs

**Unplug:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
10m 20m 30m 40m 50m 1hr

**Calories:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
600 1200 1800 2400

**Water:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
0oz 8oz 16oz 24oz 32oz 40oz 48oz 56oz 64oz

**Nutrition:**

- Vitamins
- Energy Bar
- Breakfast
- Lunch
- Dinner

**Habits:**

- Anki
- Read
- Animate



**Looking Forward To:**

\_\_\_\_\_  
\_\_\_\_\_

**Gratitude Journal:**

1. \_\_\_\_\_  
 \_\_\_\_\_  
 2. \_\_\_\_\_  
 \_\_\_\_\_  
 3. \_\_\_\_\_  
 \_\_\_\_\_

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