Date: M(T)W(T)F(S)S _	Date: M\T\W\T\F\S\S	Date: M\T\W\T\F\S\S
Morning Routine: Nightly Routine:	Morning Routine: Nightly Routine:	Morning Routine: Nightly Routine:
☐ Short Walk ☐ Optimism Writing ■	☐ Short Walk ☐ Optimism Writing	☐ Short Walk ☐ Optimism Writing
☐ Trim Beard ☐ Meditation	☐ Trim Beard ☐ Meditation	☐ Trim Beard ☐ Meditation
☐ Brush Teeth + Floss ☐ Brush Teeth + Floss	☐ Brush Teeth + Floss ☐ Brush Teeth + Floss	☐ Brush Teeth + Floss ☐ Brush Teeth + Floss
Exercise:mins W:mins C:mins	Exercise:mins W:mins C:mins	Exercise:mins W:mins C:mins
lbsx	lbsx	lbsx
lbsx	lbsx	lbsx
lbs x	lbsx	lbsx
lbsx	lbsx	lbsx
	lbsx	lbs x
Reminders:	Reminders:	Reminders:
Neithinders.	Terrinders.	
Distractions:	Distractions:	Distractions:
Focus: 1hr 2hrs 3hrs 4hrs 5hrs	Focus: 1hr 2hrs 3hrs 4hrs 5hrs	Focus: 1hr 2hrs 3hrs 4hrs 5hrs
Unplug:	Unplug:	Unplug:
10m 20m 30m 40m 50m 1hr	10m 20m 30m 40m 50m 1hr	10m 20m 30m 40m 50m 1hr
Calories:	Calories:	Calories:
600 1200 1800 2400	600 1200 1800 2400	600 1200 1800 2400
Water:	Water:	Water:
Nutrition: Habits:	Nutrition: Habits:	Nutrition: Habits:
□Vitamins □Anki	□Vitamins □Anki	□Vitamins □Anki □
☐ Energy Bar ☐ Read	□ Energy Bar □ Read	□ Energy Bar □ Read
☐ Breakfast ☐ Animate	□Breakfast □Animate	□Breakfast □Animate
□ Lunch □ Dinner	☐ Lunch ☐ Dinner	☐ Lunch ☐ Dinner
Looking Forward To:	Looking Forward To:	Looking Forward To:
Gratitude Journal:	Gratitude Journal:	Gratitude Journal:
1	1	1
2.	2	2
<u></u>	<u></u>	
3	-	