

MY DAILY PLANNER

{"What gets measured, gets transformed"}

DATE: / /

S	M	T	W	Th	F	Sa
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MORNING JOURNAL

1-10 scale of assessing current energy level

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Why do I feel this energy level?

How can I increase? (if needed)

TODAY'S GOALS

- 1 _____
- 2 _____
- 3 _____

MORNING

AFTERNOON

EVENING

MUST DOS:

- | | |
|---------|----------|
| 1 _____ | 6 _____ |
| 2 _____ | 7 _____ |
| 3 _____ | 8 _____ |
| 4 _____ | 9 _____ |
| 5 _____ | 10 _____ |

GRATITUDE:

WATER INTAKE

