

DATE



DAILY CHECKLIST

START	BLOCK	AREA	TASK	Y	N
7:00 am	30 min.	Nutrition/Rebounder		<input type="checkbox"/>	<input type="checkbox"/>
7:30 am	90 min.	Hour of Mind Power		<input type="checkbox"/>	<input type="checkbox"/>
9:00 am	15 min.	Eat/Meeting		<input type="checkbox"/>	<input type="checkbox"/>
9:15 am	15 min.	Dance Break		<input type="checkbox"/>	<input type="checkbox"/>
9:30 am	30 min.	Business Meeting		<input type="checkbox"/>	<input type="checkbox"/>
10:00 am	90 min.	Most Important Thing		<input type="checkbox"/>	<input type="checkbox"/>
11:30 am	30 min.	Email/Follow-Up		<input type="checkbox"/>	<input type="checkbox"/>
12:00 pm	60 min.	Calls/Market Research		<input type="checkbox"/>	<input type="checkbox"/>
1:00 pm	60 min.	Lunch with Friends		<input type="checkbox"/>	<input type="checkbox"/>
2:00 pm	60 min.	Most Important Thing		<input type="checkbox"/>	<input type="checkbox"/>
3:00 pm	30 min.	Recess		<input type="checkbox"/>	<input type="checkbox"/>
3:30 pm	60 min	Calls/Market Research		<input type="checkbox"/>	<input type="checkbox"/>
4:30 pm	60 min.	Sunset/Recess/Incanta		<input type="checkbox"/>	<input type="checkbox"/>
6:00 pm	120 min.	Activity		<input type="checkbox"/>	<input type="checkbox"/>
8:00 pm	30 min.	Dinner/Clean/Audiobook		<input type="checkbox"/>	<input type="checkbox"/>

*Weekends Immersion into Growing SAA: FW Sunday: Relax | Plan | Family Day

MUST DO TODAY	PEOPLE TO REACH OUT TO	THINGS I'M WAITING ON	DECISIONS TO MAKE
	1	1	
	2	2	
	3	3	