My Intentional Day

DATE//		TODAY'S SCHEDULE
PIVOTAL GOAL		TIME DESCRIPTION
THREE PIVOTAL GOAL-RELATED TASKS		6:00 a.m
		8:00 a.m.
TODAY'S OTHER TASKS		9:00 a.m.
		10:00 a.m.
		11:00 a.m
QUIET TIME done		12:00 p.m.
thoughts:		1:00 p.m
		2:00 p.m
DRINK IT UP	WORK IT OUT _ done	3:00 p.m
	notes	4:00 p.m
NUTRITION SCORE (1-10)	HOURS SLEPT STEPS LAST NIGHT TAKEN	5:00 p.m
breakfast	LAJI NIGITI TAKEN	6:00 p.m.
Unch bunch		Evening
Loddy's MEALS funch dinner		WHAT WENT WELL?
2 dinner		WHAT COULD BE IMPROVED?