

Day	DD	MM	YYYY



Time Awaken	AM
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Time to Sleep	PM
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WAKE UP	Time	✓	I am grateful for
	08:00	<input type="radio"/>	
		<input type="radio"/>	
	04:00	<input type="radio"/>	
		<input type="radio"/>	
	06:00	<input type="radio"/>	
		<input type="radio"/>	
		<input type="radio"/>	Daily intention / Sankalpa
STARTER	07:00	<input type="radio"/>	
		<input type="radio"/>	
	08:00	<input type="radio"/>	
		<input type="radio"/>	
	09:00	<input type="radio"/>	
		<input type="radio"/>	
	10:00	<input type="radio"/>	Mood of the day
		<input type="radio"/>	☺ ☹ ☹ ☹ ☹
MIDDAY	11:00	<input type="radio"/>	Priority Tasks (50%)
		<input type="radio"/>	☺ ☺ ☺ ☺
	14:00	<input type="radio"/>	☺ ☺ ☺ ☺
		<input type="radio"/>	☺ ☺ ☺ ☺
	15:00	<input type="radio"/>	☺ ☺ ☺ ☺
		<input type="radio"/>	☺ ☺ ☺ ☺
	16:00	<input type="radio"/>	☺ ☺ ☺ ☺
		<input type="radio"/>	☺ ☺ ☺ ☺
CLOSURE	17:00	<input type="radio"/>	☺ ☺ ☺ ☺
		<input type="radio"/>	☺ ☺ ☺ ☺
	18:00	<input type="radio"/>	☺ ☺ ☺ ☺
		<input type="radio"/>	☺ ☺ ☺ ☺
	19:00	<input type="radio"/>	Other Tasks (20%)
		<input type="radio"/>	☺ ☺
	20:00	<input type="radio"/>	☺ ☺
		<input type="radio"/>	☺ ☺
WIND DOWN	21:00	<input type="radio"/>	
		<input type="radio"/>	
	22:00	<input type="radio"/>	☺ ☺
	23:00	<input type="radio"/>	☺ ☺

Meal and Snack Log				
Time	Hunger Level	Food and GHy	Time to eat	Meal Score
	B			☆☆☆☆☆☆
	L			☆☆☆☆☆☆
	S			☆☆☆☆☆☆
	D			☆☆☆☆☆☆
Water [L = 4.2 cups]				

SKETCHNOTES

Grid area for sketchnotes.