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Day	DD	MM	YYYY



Time Awaken	AM
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	Time	✓	I am grateful for
WAKE UP	03:00	<input type="radio"/>	
		<input type="radio"/>	
	04:00	<input type="radio"/>	
		<input type="radio"/>	
	05:00	<input type="radio"/>	
		<input type="radio"/>	
	06:00	<input type="radio"/>	
		<input type="radio"/>	
STARTER	07:00	<input type="radio"/>	Daily Intention / Sankalpa
		<input type="radio"/>	
	08:00	<input type="radio"/>	<div> <div>😊</div> <div>🙂</div> <div>😐</div> <div>😞</div> <div>😡</div> </div>
		<input type="radio"/>	
	09:00	<input type="radio"/>	
		<input type="radio"/>	
	10:00	<input type="radio"/>	
		<input type="radio"/>	
MIDDAY	11:00	<input type="radio"/>	Mood of the day
		<input type="radio"/>	
	12:00	<input type="radio"/>	Priority Tasks (80%)
		<input type="radio"/>	
	13:00	<input type="radio"/>	
		<input type="radio"/>	
	14:00	<input type="radio"/>	
		<input type="radio"/>	
CLOSURE	15:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
	16:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
	17:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
	18:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
WIND DOWN	19:00	<input type="radio"/>	Other Tasks (20%)
		<input type="radio"/>	
	20:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
	21:00	<input type="radio"/>	<div> <div>👑</div> <div>👑</div> </div>
		<input type="radio"/>	
	22:00	<input type="radio"/>	
		<input type="radio"/>	



Time to Sleep	PM
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PM

Meal and Snack Log					
Time		Hunger Level	Food and Qtty	Time to eat	Meal Score
	B				☆☆☆☆
	L				☆☆☆☆
	S				☆☆☆☆
	D				☆☆☆☆
					☆☆☆☆
Water [1L = 4.2 cups]					

SKETCHNOTES



"Faith is realising that you will always get what you need" - Gurudev Sri Sri Ravi Shankar

