

Most Important Task (MIT)
<p>What activity will most contribute to your primary goal?            Schedule a 1-2 hour block of focused time, dedicated to your MIT</p>
Notes/Changes:

A.S.A.P.
<input type="checkbox"/> Hydrate
<input type="checkbox"/> Spiritual
<input type="checkbox"/> Physical
<input type="checkbox"/> Mental
<input type="checkbox"/>
<input type="checkbox"/>

Other Tasks & Meetings	Notes/Changes
1.	
2.	
3.	
4.	
5.	
Comments:	

Meal Times
<input type="checkbox"/> Breakfast <input type="text" value=":"/>
<input type="checkbox"/> Snack 1 <input type="text" value=":"/>
<input type="checkbox"/> Lunch <input type="text" value=":"/>
<input type="checkbox"/> Snack 2 <input type="text" value=":"/>
<input type="checkbox"/> Dinner <input type="text" value=":"/>

Email Check-In Times
<input type="checkbox"/> Check-In #1 <input type="text" value=":"/>
<input type="checkbox"/> Check-In #2 <input type="text" value=":"/>
<input type="checkbox"/> Check-In #3 <input type="text" value=":"/>

Time With Kids
_____ 10 minutes <input type="checkbox"/> <input type="checkbox"/>
_____ 10 minutes <input type="checkbox"/> <input type="checkbox"/>
_____ 10 minutes <input type="checkbox"/> <input type="checkbox"/>

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

<p>What are you grateful for Today?</p>
1.
2.
3.

Exercise
_____ minutes