Today

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DAILY BLOCK

Weather	Mind Weather	Daily Success Valuation

T.B. TIME	W.U. TIME	S. TIME	VITAMIN	T/B	EXERCISE	H/M
			☐	☐	☐	☐

ACTIVITES		1	2	3	4	5	EXPENSES	EM.
							T.E =	

People 1 2 3 4 5	Family 1 2 3 4 5	Friends 1 2 3 4 5	Love 1 2 3 4 5

Work 1 2 3 4 5	InputT To Brain 1 2 3 4 5	Output From Me 1 2 3 4 5	W. Time 1 2 3 4 5

Health 1 2 3 4 5	Happy-Moment 1 2 3 4 5	Regrent-Moment 1 2 3 4 5	Angry-Moment 1 2 3 4 5

Breakfast	Lunch	Dinner	ETC.	Task For Tomorrow

THIS WEEK

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WEEKLY BLOCK

GOALS OF THE WEEK

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
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24:00							
01:00							
02:00							
