

DAILY PERFORMANCE TRACKING

Make sure you track your performance every single day so that you make ticking this sheet the main priority each day.

AM: Read goals, Stretch, Meditate, Affirmations, 5MJ, 10m Reading, Plan Day, 1L Water

PM: Affirmations, 5MJ, plan tomorrow.

Date	Wake Time	AM Tasks	Todays Workout	Start Time	End Time	Performance %	PM Tasks	Bed Time
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