

HALF HOUR DAILY TIMEBOX

4 AM	_____
:30	_____
5 AM	_____
:30	_____
6 AM	_____
:30	_____
7 AM	_____
:30	_____
8 AM	_____
:30	_____
9 AM	_____
:30	_____
10 AM	_____
:30	_____
11 AM	_____
:30	_____
12 NN	_____
:30	_____
1 PM	_____
:30	_____
2 PM	_____
:30	_____
3 PM	_____
:30	_____
4 PM	_____
:30	_____
5 PM	_____
:30	_____
6 PM	_____
:30	_____
7 PM	_____
:30	_____
8 PM	_____
:30	_____
9 PM	_____
:30	_____
10 PM	_____
:30	_____

TODAY'S PRIORITIES

○	_____
○	_____
○	_____
○	_____

OTHER TASKS

○	_____
○	_____
○	_____
○	_____

BRAIN DUMP

NOTES

○	_____
○	_____
○	_____
○	_____