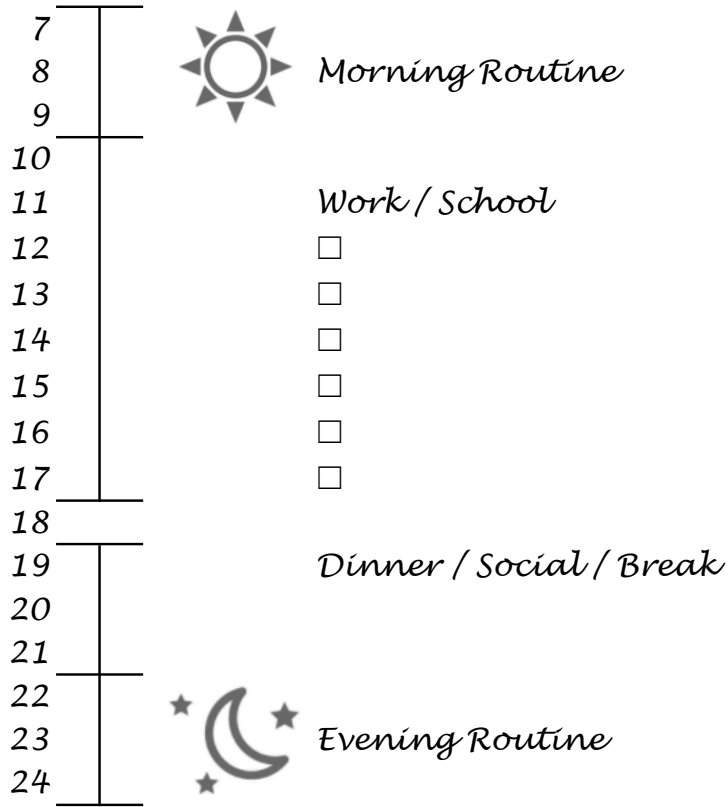


IDEAL DAILY ROUTINE



Morning Routine

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Evening Routine

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Productivity Log

	7	8	9	10	11	12	13	14	15	16	17
Hours											
1											
2											
3											
4											
5											
6											
7											
8											
9											
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24											
25											
26											
27											
28											
29											
30											
31											

Days of the Month

Legend

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Time Blocking

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							

Hours of the day

Legend

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