**Daily Goals**

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| --- | --- | --- |
| **\*\*Most Important\*\***  **(Do Today ASAP)** | **Important**  **(Do Today or it May Cause Stress Later)** | **Least Important**  **(Can Wait but Good if Done Today)** |
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| **TIME/DAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 6:00AM |  |  |  |  |  |  |  |
| 6:30AM |  |  |  |  |  |  |  |
| 7:00AM |  |  |  |  |  |  |  |
| 7:30AM |  |  |  |  |  |  |  |
| 8:00AM |  |  |  |  |  |  |  |
| 8:30AM |  |  |  |  |  |  |  |
| 9:00AM |  |  |  |  |  |  |  |
| 9:30AM |  |  |  |  |  |  |  |
| 10:00AM |  |  |  |  |  |  |  |
| 10:30AM |  |  |  |  |  |  |  |
| 11:00AM |  |  |  |  |  |  |  |
| 11:30AM |  |  |  |  |  |  |  |
| 12:00PM |  |  |  |  |  |  |  |
| 12:30PM |  |  |  |  |  |  |  |
| 1:00PM |  |  |  |  |  |  |  |
| 1:30PM |  |  |  |  |  |  |  |
| 2:00PM |  |  |  |  |  |  |  |
| 2:30PM |  |  |  |  |  |  |  |
| 3:00PM |  |  |  |  |  |  |  |
| 3:30PM |  |  |  |  |  |  |  |
| 4:00PM |  |  |  |  |  |  |  |
| 4:30PM |  |  |  |  |  |  |  |
| 5:00PM |  |  |  |  |  |  |  |
| 5:30PM |  |  |  |  |  |  |  |
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| 7:00PM |  |  |  |  |  |  |  |
| 7:30PM |  |  |  |  |  |  |  |
| 8:00PM |  |  |  |  |  |  |  |
| 8:30PM |  |  |  |  |  |  |  |
| 9:00PM |  |  |  |  |  |  |  |
| 9:30PM |  |  |  |  |  |  |  |
| 10:00PM | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| 10:30PM | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| 11:00PM | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |

**Daily Schedule**

**\*\*Leave time for 8 hours of Sleeping\*\***