

MY DAILY SCHEDULE

Where do I use my willpower — and how can I save it?

HABIT I'M FOCUSING ON:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮