THIC WEEL DAR	ARAIT	1 Lask description.	EDC DB C	line. Track 30min/bubble. Total time.
THIS WEEK DAM	VIIVIII	2	EDC B	000 000A <u>;</u>
DATE WEEK MONTH/DAY		3	EDC DB	000 000A <u> </u>
MONDAY THEME	WORK	► AND THE OTHER STUFF THAT	F'S ON YOUR MIND which	h is your running to-do list.
Decide on your balance strategy. Write down what got done. Fill in hour blocks at right.				
	ACADEMIC HAPPY			
				:
	PERSONAL HEALTH			
TUESDAY	SLEEP			
TUESDAY	WORK			
	ACADEMIC ACADEMIC	<u> </u>		
	HAPPY OO	\i		
	PERSONAL HEALTH	L		
WEDNESDAY THEME	WORK	<u> </u>		
				:
	ACADEMIC HAPPY			
		<u> </u>		
	PERSONAL HEALTH	<u> </u>		
THURSDAY THEME	SLEEP	SATURDAY THEME		
	WORK			WORK
	ACADEMIC ACADEMIC			ACADEMIC ACADEMIC
	PERSONAL HEALTH			PERSONAL HEALTH
	SLEEP			
FRIDAY	WORK	SUNDAY		WORK
	ACADEMIC			ACADEMIC
	HAPPY OO			HAPPY OO
	PERSONAL HEALTH			
	SLEEP			SLEEP

▼ THIS WEEK'S BIG THREE TOUGHEST TASKS that you most want to make progress on!