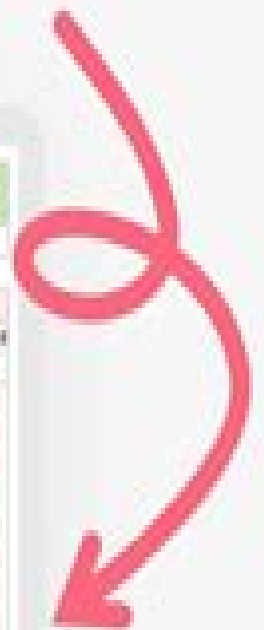


PRODUCTIVITY PLANNER

Goal																													84.0%		
Incentive	Vacation??																														
January																															
Tuesday, January 9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
☀️ wake up at 5am																															
🏃 exercise																															
🚿 shower																															
💆 self care																															
📖 reading																															
📝 journal																															
🧘 meditate																															
💧 drink water																															
📺 screen time																															
🗣 affirmations																															
🛀 go for a walk																															
🛌 feel like slams																															
Progress	80%	80%	80%	80%	80%	80%	80%	75%	80%	100%	80%	80%	100%	80%	80%	80%	80%	100%	75%	80%	100%	80%	80%	75%	100%	80%	100%	100%	75%	100%	80%
Complete	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
Incomplete	1	2	1	1	4	2	1	3	4	0	2	1	0	2	4	1	0	2	2	0	0	2	1	3	0	4	0	0	0	0	
Weekly	Week 1							Week 2							Week 3							Week 4									



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**Beverly Dance,Dory Willer,William H.
Truesdell,William D. Kelly**

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