THIC WEEK DAI	NA DU NARALT	1 Lask description.	EDC DB O	line. Track 30min/bubble. Total time.
THIS WEEK DAI	VIIVIII	2	EDC OB	000 000A <u>i</u>
DATE WEEK MONTH/DAY	2010	3	EDC OBO	000 000A <u>i</u>
MONDAY	WORK	► AND THE OTHER STUFF THA	AT'S ON YOUR MIND whic	ch is your running to-do list.
Decide on your balance strategy. Write down what got done. Fill in hour blocks at right.				
	ACADEMIC HAPPY	<u> </u>		
		\		
	PERSONAL HEALTH			
TUESDAY	SLEEP			
TUESDAY	WORK	<u> </u>		
	ACADEMIC ACADEMIC	<u> </u>		
	HAPPY OO	\		
	PERSONAL HEALTH	<u></u>		
	SLEEP			
WEDNESDAY THEME	WORK	<u> </u>		
				:
	ACADEMIC HAPPY			
	PERSONAL HEALTH			
THURSDAY THEME	SLEEP	SATURDAY		
	WORK			WORK
	ACADEMIC ACADEMIC			ACADEMIC ACADEMIC
	PERSONAL HEALTH			PERSONAL HEALTH
	SLEEP			
FRIDAY	WORK	SUNDAY		WORK
	ACADEMIC ACADEMIC			ACADEMIC
	HAPPY OO			
	PERSONAL HEALTH			
	SLEEP			SLEEP

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