

DEEP WORK TRACKER

Date: ____/____/____

PRIMARY OBJECTIVE (THE "ONE" THING)

DEEP WORK SESSIONS

Session 1: ____ : ____

Session 2: ____ : ____

Session 3: ____ : ____

Session 4: ____ : ____

SHUTDOWN RITUAL

Clear Inbox/Tasks

Plan Tomorrow

System Update

DISTRACTION LOG

DAILY METRICS

Total Deep Hours: _____

Focus Score (1-10): _____

Energy Level:

NOTES & REFLECTIONS