

# DAILY FOCUS & ROUTINE

Date: \_\_\_\_\_

## MORNING | RISE & PRIME

07:00 AM

Hydrate (Full glass of water)

07:15 AM

Morning Movement / Stretch

07:45 AM

High-Protein Breakfast & Meds

## AFTERNOON | DEEP WORK & FLOW

12:30 PM

Lunch & Sensory Reset (No Screen)

03:00 PM

Brain Dump / Task Review

## EVENING | WIND DOWN

08:00 PM

"Closing Duties" (Tidy 10 mins)

09:00 PM

Digital Sunset (Screens Off)

10:00 PM

Reading or White Noise

## TOP 3 WINS OF THE DAY

1.

2.

3.