

DEEP WORK LOG

Focus Protocol
DATE
PRIMARY OBJECTIVE
START TIME
LOCATION / ENVIRONMENT

BLOCK	TASK DESCRIPTION	INTENSITY (1-10)	COMPLETE
01			
02			
03			
04			

PRE-SESSION CHECKLIST

Phone Do Not Disturb
Hydration Ready
Clear Workspace

REFLECTIONS & DISTRACTIONS OBSERVED

"Clear thinking requires an uncluttered mind."