The 4 X 4 = (4 powerful hours a day, 4 days a week)

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_, 20\_\_

Pain is temporary… if I quit, it will last forever.

Everyday is a BIG day! Lead by example. Be. Do. Have.

|  |  |
| --- | --- |
|  | Todays tasks: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |  |
| --- | --- |
|  | Accomplished in 15 min intervals: |
| 15 |  |
| 30 |  |
| 45 |  |
| **60** |  |
| 15 |  |
| 30 |  |
| 45 |  |
| **60** | Exercise / Art / Meditate / Read |
| 15 |  |
| 30 |  |
| 45 |  |
| **60** | Exercise / Art / Meditate / Read |
| 15 |  |
| 30 |  |
| 45 |  |
| **60** | Exercise / Art / Meditate / Read |
| 15 |  |
| 30 |  |
| 45 |  |
| 60 | Exercise / Art / Meditate / Read |

|  |  |
| --- | --- |
|  | Tomorrows list: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |