

Date:

5:00		11:00		17:00	
5:15		11:15		17:15	
5:30		11:30		17:30	
5:45		11:45		17:45	
6:00		Noon		18:00	
6:15		12:15		18:15	
6:30		12:30		18:30	
6:45		12:45		18:45	
7:00		13:00		19:00	
7:15		13:15		19:15	
7:30		13:30		19:30	
7:45		13:45		19:45	
8:00		14:00		20:00	
8:15		14:15		20:15	
8:30		14:30		20:30	
8:45		14:45		20:45	
9:00		15:00		21:00	
9:15		15:15		21:15	
9:30		15:30		21:30	
9:45		15:45		21:45	
10:00		16:00		22:00	
10:15		16:15		22:15	
10:30		16:30		22:30	
10:45		16:45		22:45	

My top 3 goals for today:

