

6–12–6 Daily Tracker

Date: _____

■ 6 AM – 12 PM (Focus / Deep Work)

Tasks:	Notes:
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■ 12 PM – 6 PM (Admin / Meetings)

Tasks:	Notes:
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■ 6 PM – Bedtime (Rest / Personal)

Activities:	Reflections:
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Daily Reflection:

What worked well today?

What should I improve tomorrow?