

NAME

DATE

LAUNCH, GROW & SCALE

# PERFECT DAY

SAMHENDO.COM

LAUNCH > GROW > SCALE

## TOP 5 OF 5 PRIORITIES AND FOLLOW UPS

- 1.
- 2.
- 3.
- 4.
- 5.

## TO DO TODAY

- 1.
- 2.
- 3.
- 4.
- 5.

### MEAL PLAN

Breakfast  
 Morning Tea  
 Lunch  
 Dinner

**TIME** 6:00am  
 7:00am  
 7:30am  
 8:00am  
 8:30am  
 9:00am  
 9:30am  
 10:00am  
 10:30am  
 11:00am  
 11:30am  
 12:00pm  
 12:30pm  
 1:00pm  
 1:30pm  
 2:00pm  
 2:30pm  
 2:45pm  
 3:00pm  
 3:30pm  
 4:00pm  
 4:30pm  
 5:00pm  
 5:30pm  
 6:00pm  
 8:00pm  
 10:00pm

### PHYSICAL ACTIVITY

- 1.
- 2.
- 3.
- 4.
- 5.

### MENTAL WELLBEING

- 1.
- 2.
- 3.
- 4.
- 5.

### FAMILY/ FRIENDS

- 1.
- 2.
- 3.
- 4.
- 5.

### REWARDS

- 1.
- 2.
- 3.