



Log every focused work block - track projects, energy, output and interruptions

## WEEKLY REVIEW

Total Sessions		Total Focus Time (hrs)		Avg. Session Length (min)	
Best Day for Focus		Worst Day for Focus		Peak Energy Window	e.g. 9-11am

## TOP 3 FOCUS KILLERS THIS WEEK

1. Describe the interruption or distraction
2. Describe the interruption or distraction
3. Describe the interruption or distraction

## WHAT WORKED WELL

CONDITIONS, TOOLS, OR HABITS THAT HELPED YOUR FOCUS

## EXPERIMENTS FOR NEXT WEEK

ONE THING TO TRY DIFFERENTLY TO PROTECT DEEP WORK TIME