



# PRODUCTIVITY CHECK

**DAILY ROUTINE**

MORNING

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**DAILY SCRUM**

WHAT WENT WELL?

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OBSTACLES

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IMPROVEMENTS TO MAKE

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<p><b>MON</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>CONDITION    FREEDOM    PLEASURE</p> <p>☺☹☹☹☹    ☺☹☹☹☹    ☺☹☹☹☹</p> <p>_____</p> <p>_____</p>	<p><b>TUE</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>CONDITION    FREEDOM    PLEASURE</p> <p>☺☹☹☹☹    ☺☹☹☹☹    ☺☹☹☹☹</p> <p>_____</p> <p>_____</p>
<p><b>WED</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>CONDITION    FREEDOM    PLEASURE</p> <p>☺☹☹☹☹    ☺☹☹☹☹    ☺☹☹☹☹</p> <p>_____</p> <p>_____</p>	<p><b>THURS</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>CONDITION    FREEDOM    PLEASURE</p> <p>☺☹☹☹☹    ☺☹☹☹☹    ☺☹☹☹☹</p> <p>_____</p> <p>_____</p>
<p><b>FRI</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>CONDITION    FREEDOM    PLEASURE</p> <p>☺☹☹☹☹    ☺☹☹☹☹    ☺☹☹☹☹</p> <p>_____</p> <p>_____</p>	<p><b>WEEKLY SCRUM</b></p> <p>WHAT WENT WELL?</p> <p>_____</p> <p>_____</p> <p>OBSTACLES</p> <p>_____</p> <p>_____</p> <p>IMPROVEMENTS TO MAKE</p> <p>_____</p> <p>_____</p>

<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>	<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>	<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>
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**DAILY SCRUM**

WHAT WENT WELL?

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OBSTACLES

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IMPROVEMENTS TO MAKE

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<p><b>MON</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>☺☺☺☺☺ ☺☺☺☺☺ ☺☺☺☺☺</p> <p>_____</p> <p>_____</p>	<p><b>TUE</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>☺☺☺☺☺ ☺☺☺☺☺ ☺☺☺☺☺</p> <p>_____</p> <p>_____</p>
<p><b>WED</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>☺☺☺☺☺ ☺☺☺☺☺ ☺☺☺☺☺</p> <p>_____</p> <p>_____</p>	<p><b>THURS</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>☺☺☺☺☺ ☺☺☺☺☺ ☺☺☺☺☺</p> <p>_____</p> <p>_____</p>
<p><b>FRI</b></p> <p>POMODORO</p> <p>○○○○○</p> <p>☺☺☺☺☺ ☺☺☺☺☺ ☺☺☺☺☺</p> <p>_____</p> <p>_____</p>	<p><b>WEEKLY SCRUM</b></p> <p>WHAT WENT WELL?</p> <p>_____</p> <p>_____</p> <p>OBSTACLES</p> <p>_____</p> <p>_____</p> <p>IMPROVEMENTS TO MAKE</p> <p>_____</p> <p>_____</p>

<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>	<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>	<p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>
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WHOLESOME HUSTLE™

# CULTIVATE YOUR POTENTIAL

## FREE 30-DAYS CHALLENGE

1. Download our sheet of your choice at [www.baebu.co/baebuji](http://www.baebu.co/baebuji) (or even request the new one!)
2. Follow our social media. Comment your opinion, insights, challenges, obstacles, and plan. Don't forget to tag us!
3. Apply through our site and join our free 30-day Baebuji challenge with the code: `baebuji060419`
4. Get Baebuji messages from our coach every day and share your formatted report with our private community.

## WHY BAEBU?

Baebu is a coaching service and a community created to help people find their true potential, all while maintaining a good work-life balance.

At Baebu, we make people listen to what their heart wants and listen to their values and beliefs. We ensure they are able to balance their career and personal life. Therefore, our members learn how to make difficult decisions fully on their own.

## WHAT WE OFFER



Resources to define your purpose



Productivity-focused accountability



Tools to build a project that pays you



Access to like-minded people

Follow us to get more resources



@thisisbaebu