

T H E C A P T A I N ' S L O G

- Used All Prepared Action Steps For Previously Unchecked Events*
- Created Additional Action Step Solutions For Listed Unchecked Events*

5AM - 9AM

Current Schedule Date: ___/___/___

- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
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- _____ | Task Synopsis: _____

9AM - 1PM

- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
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1PM - 5PM

- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____
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5PM - 9PM

- _____ | Task Synopsis: _____
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- _____ | Task Synopsis: _____
- _____ | Task Synopsis: _____

Failure To Plan, Is Planning To Fail. -Alan Lakein

<input type="checkbox"/> Recorded Calls	<input type="checkbox"/> Gathered CRM Data	<input type="checkbox"/> Samples Requested	<input type="checkbox"/> Open Follow-Ups
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Main Goals

Today's Quote

Targets

Today's Successes

Tomorrow's Improvements

Re-Write Main Goals

<input type="checkbox"/> Uploaded Recordings	<input type="checkbox"/> Updated CRM	<input type="checkbox"/> Samples Scheduled	<input type="checkbox"/> Follow-Ups Done
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Ambition is the path to success, persistence is the vehicle you arrive in. -William Eardley IV

T H E C A P T A I N ' S C O U R S E

Current Schedule Date: ___/___/___

Main Goal _____ | Achieved/Failed Ratio _____
Straightest Course _____
Time Starting Upon Course _____ | Expected Course Duration _____
1st Action Step _____ | # of Attempts _____
Step To Ensure 1st Action Step Completion _____
2nd Action Step _____ | # of Attempts _____
Step To Ensure 2nd Action Step Completion _____
Checkpoint _____ | Checkpoint Time _____
Veer Excuse _____
Veer Time _____ | Expected Veer Duration _____ | Actual Veer Duration _____
New Veer Prevention Step _____

Main Goal _____ | Achieved/Failed Ratio _____
Straightest Course _____
Time Starting Upon Course _____ | Expected Course Duration _____
1st Action Step _____ | # of Attempts _____
Step To Ensure 1st Action Step Completion _____
2nd Action Step _____ | # of Attempts _____
Step To Ensure 2nd Action Step Completion _____
Checkpoint _____ | Checkpoint Time _____
Veer Excuse _____
Veer Time _____ | Expected Veer Duration _____ | Actual Veer Duration _____
New Veer Prevention Step _____

Main Goal _____ | Achieved/Failed Ratio _____
Straightest Course _____
Time Starting Upon Course _____ | Expected Course Duration _____
1st Action Step _____ | # of Attempts _____
Step To Ensure 1st Action Step Completion _____
2nd Action Step _____ | # of Attempts _____
Step To Ensure 2nd Action Step Completion _____
Checkpoint _____ | Checkpoint Time _____
Veer Excuse _____
Veer Time _____ | Expected Veer Duration _____ | Actual Veer Duration _____
New Veer Prevention Step _____

“The Main Thing Is To Keep The Main Thing The Main Thing.” -Stephen Covey

T H E C A P T A I N ' S M A P

Current Schedule Date: ___/___/___

10,000 Hour Goal _____ | Hours Completed _____ | Hours To Go _____
Today's Goal Commitment Between(____ & ____)| Today's Total Target Hours _____
Topic of Focus _____ | Question Going In With _____
Next Topic of Focus _____ | Why Next _____
Reflection- Unexpected _____
Reflection- Learned _____
Reflection- Difficulties _____
Reflection- Area To Improve _____
Analysis- Distinctions _____
Analysis- Systems _____
Analysis- Relations _____
Analysis- Perspectives _____
Note _____
Target Hours/Hours Completed _____ | Avg. Target Hours/Avg. Hours Completed _____

10,000 Hour Goal _____ | Hours Completed _____ | Hours To Go _____
Today's Goal Commitment Between(____ & ____)| Today's Total Target Hours _____
Topic of Focus _____ | Question Going In With _____
Next Topic of Focus _____ | Why Next _____
Reflection- Unexpected _____
Reflection- Learned _____
Reflection- Difficulties _____
Reflection- Area To Improve _____
Analysis- Distinctions _____
Analysis- Systems _____
Analysis- Relations _____
Analysis- Perspectives _____
Note _____
Target Hours/Hours Completed _____ | Avg. Target Hours/Avg. Hours Completed _____

"It Takes Roughly 10,000 Hours Of Practice To Achieve Mastery In A Field" -Malcom Gladwell