# FTSR - Daily Checklist for Business

Check  the box as you do each task, and then check “Completed”.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC Exercise** | **New Memories** **(at least 3 times daily)** | **Course** **Correction** | **Action****Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd**  | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **ESC****Exercise** | **New Memories****(at least 3 times daily)** | **Course****Correction** | **Action Steps** | **Completed** |
|  |  | **1st** | **2nd** | **3rd** | **Touchstone** |  | **1** | **2** |  |
| Morning |  |  |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

Adapt this checklist to suit what works best for you.