A Shackleford Hurtmore Spreadsheet	For more information, read:					https://medium.com/@shaxhuxmo/the-spreadsheet-of-happiness-8f35ae2c6535																									
LEAD MEASURES	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**
8 Hours In Bed	1	1	1	1	1		1	1	1	1																					
Up Before 0600																															
Up Before 0630																															
Up Before 0700						1			1	1																					
Shave		1		1				1		1																					
Thank Someone		1	1	1				1	1																						
Communicate With Friends Or Family	1	1			1	1			1																						
Phone Or Meet Customer / Colleague	3	1	2	1	1			1	1	1																					
Decent Deliverable		1			1				1																						
One Press Up	1	1	1	1	1		1		1	1																					
One Pull Up							1																								
One Sit Up	1	1	1	1	1		1		1	1																					
One Squat	1	1	1	1	1		1		1	1																					
One Plank	1	1	1	1	1		1		1	1																					
10K FitBit Steps	1	1	1	1	1		2	2	2	1																					
Sudoku			1																												
Read A Book for 10 minutes		1	1		1			1	1	1																					
Meditate For 10 Minutes		1					1		1	1																					
Write For 10 Minutes										1																					
Juggle For 10 Minutes					1		1																								
Watch 1 Technical Training Video	1	1	1	1	1			1	1	1																					
Watch 1 Soft Skills Training Video	1		1																												
Drink One Coffee	1	1	1	1	1		1	1	1	1																					
x Portions of Fruit and Veg	4	6	2	1	3		8	9	5	5																					
One Portion of nuts/seeds	1	1	1	1	1			1	1	1																					
Do Something For Someone Else			1	1			1		1																						
Bed Before 2130																															
Bed Before 2200																															
Bed Before 2230	1	1	1			1	1																								
	19	23	19	14	17	3	21	19	23	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Notes				The Day That Thing Happened		Went To The Zoo		That Thing On The Bus	Pissed In A Toaster																						