

Five-Minute Starter

7 Day Planner

Day	Task Name	5-Min Slice	Timer Used	Outcome (Y/>/N)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Legend: Y = finished at 5 min | > = continued beyond 5 min | N = stopped at 5 min

Note: Feeling follows motion. Even small actions create momentum.