

**QUALITY SYSTEM**  
DAILY MANIFEST

**SCHEDULE**

7 AM	_____
8 AM	_____
9 AM	_____
10 AM	_____
11 AM	_____
12 PM	_____
1 PM	_____
2 PM	_____
3 PM	_____
4 PM	_____
5 PM	_____
6 PM	_____
7 PM	_____

✓ GOOD HABITS

✗ BAD HABITS

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**FECHAS**

**WEIGHT**

**STREAK**

**MACRO**

**90 DAYS**

LI	🕒
LSIV	😊
WI	⊕

**MEZZO**

**30 DAYS**

LI	🕒
LSIV	😊
WI	⊕

**MICRO**

**TODAY**

1.
2.
3.

**READING**

<input type="checkbox"/>	PAGES
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**COMMIT**

<input type="checkbox"/>
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**REFLECTION**

✓ X
✓ X
✓ X