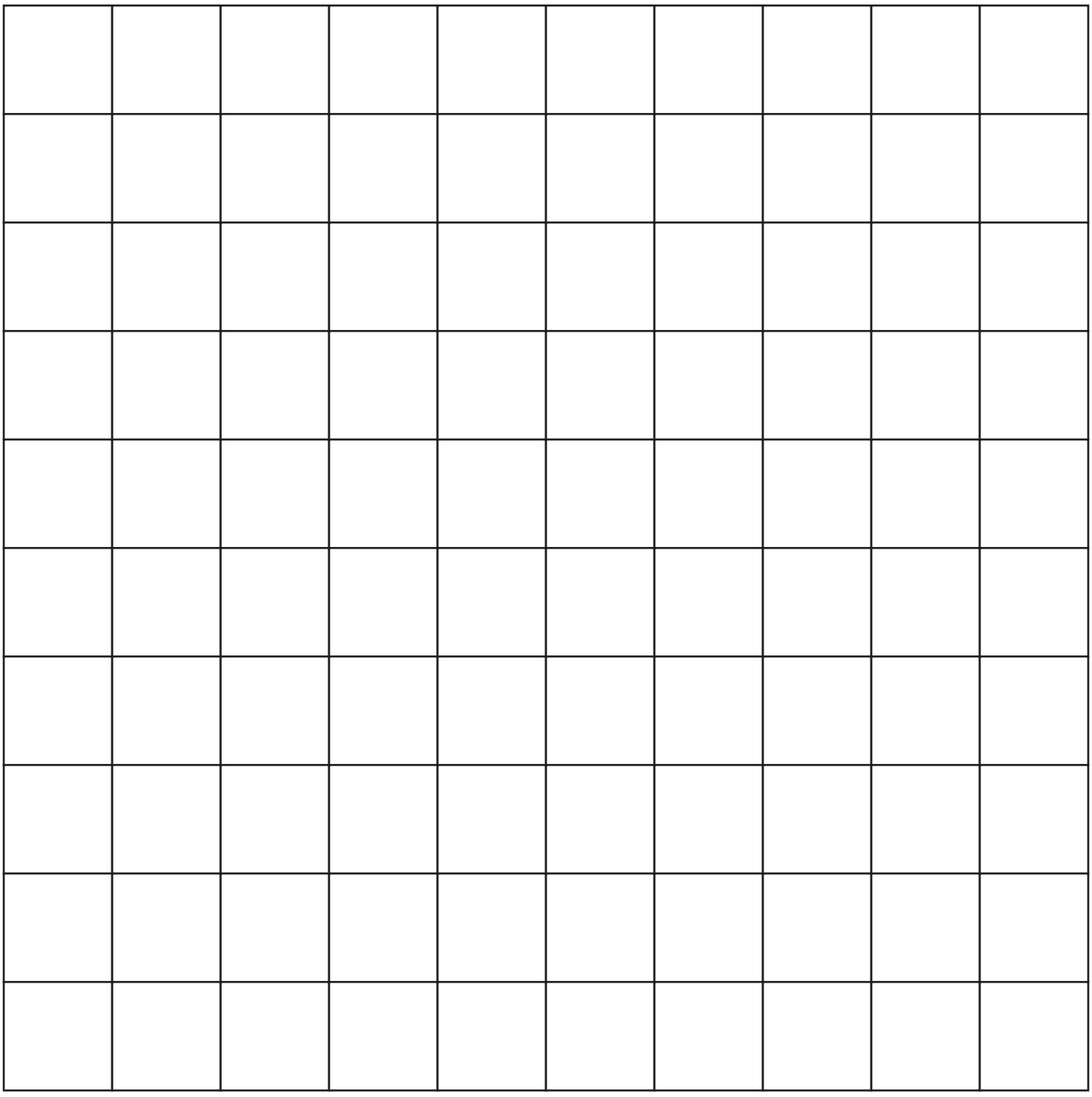

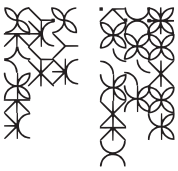

You Get 100 Blocks

Each block represents10 minutes. Record how you spend each of the approximately100 blocks you have each day.

See things you'd like to change? Which blocks will you fill differently tomorrow?