

PERFORMANCE SUPPORT SYSTEM



THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR SLEEP QUALITY 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Utilizing Accountability for Reliable Performance and Sleep

USE YOUR KPI'S

KPI
(Key Performance Indicator)

- SLEEP QUALITY
- WELL-BEING
- PRO-DUCTIVITY

PARTNER

Mo Tu We Th
Fr Sa Su

1. _____
2. _____
3. _____

FIND YOUR ACCOUNTABILITY PARTNER

DATE / TIME

AGENDA - ACCOUNTABILITY MEETING

- 1 - What went well?
- What was not so good?
- What needs my focus?
- 2 Accountability past week's tasks & habits.
- 3 Share and document new weekly tasks.

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Progress bar for KPI and HABIT tracking:

- GOAL COMPLETED
- ACCOUNTABILITY COMPLETED
- MINDSET COMPLETED
- SLEEP COMPLETED
- LIFE COMPLETED
- WORK COMPLETED
- HABITS COMPLETED
- TUNE-UP COMPLETED
- MASTERED COMPLETED

		TARGET	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	GOAL		
KPI	SLEEP QUALITY																																			<input type="checkbox"/>
	WELL BEING																																			<input type="checkbox"/>
	PRODUC TIVITY																																			<input type="checkbox"/>
HABITS	READ GOAL																																			<input type="checkbox"/>
																																				<input type="checkbox"/>

