**In a Pinch To-Do List**

**Date:**

| Available time: | 1h | | | | **⌛1:00:00** |
| --- | --- | --- | --- | --- | --- |
| # | Tasks completed | | | | |
| 1 |  | | | | |
| 2 |  | | | | |
| 3 |  | | | | |
| 4 |  | | | | |
| 5 |  | | | | |
| 6 |  | | | | |
| 7 |  | | | | |
| 8 |  | | | | |

| Goal: | *[e.g., complete 5 tasks in the given time/complete that 1 task you’ve been putting off for ages in the given time]* |
| --- | --- |
| Reward for completed goal: |  |

Manage your to-do task lists with [Plaky.com](https://plaky.com/)