

01 // OPERATOR

● ONLINE

[FIRST] *[Last]*
[ROLE] · [CITY]

FOCUS

[Your focus today]

STREAK

0 DAYS

07 // FINANCE PULSE

LIVE

NET WORTH

^ +X.X% · 300

\$[NET WORTH]

DAILY

+\$[DAY]

+X.XX%

MONTHLY

+\$[MONTH]

+X.XX%

06 // KEY BLOCKERS

7 ACTIVE

VIEW ALL

[Blocker 1 — what's stuck]

OWNER [Owner] · STUCK [X]d

HOT

[Blocker 2 — what's stuck]

OWNER You · STUCK [X]d

WARM

[Blocker 3 — what's stuck]

OWNER [Owner] · STUCK [X]d

WARM

[Blocker 4 — what's stuck]

OWNER [Owner] · STUCK [X]d

HOT

[Blocker 5 — what's stuck]

OWNER You · STUCK [X]d

WARM

+ 2 MORE · VIEW ALL

02 // SESSION

[REGION] · UTC±0

Good afternoon, *[name]*.

FRIDAY, MAY 8

15:38⁴⁷
LOCAL TIME

TODAY I WILL

Set today's one thing...

⌘ Capture

↩ CAPTURE

03 // HABITS

0/6 · 0%

0

DAILY SCORE · RESETS 00:00

Start with one.

☐

[Habit 1 — simple toggle]

[CATEGORY]

👁 0

☐

[Habit 2 — grouped]

[CATEGORY] · 0/3

> 👁 0

☐

[Habit 3 — session]

[CATEGORY] · 0/5

> 👁 0

☐

[Habit 4 — session]

[CATEGORY] · 0/4

> 👁 0

☐

[Habit 5 — session]

[CATEGORY] · 0/5

> 👁 0

☐

[Habit 6 — session]

[CATEGORY] · 0/4

> 👁 0

04 // CALENDAR

MAY 2026

MON

TUE

WED

THU

FRI

SAT

SUN

04

05

06

07

08

09

10

00:00 — 00:00

[Block 1 — primary work]

[Sub-context, what to lock in]

[TAG]

00:00 — 00:00

[Block 2 — recurring sync]

[Who, what to cover]

[TAG]

00:00 — 00:00

[Block 3 — 1:1 / meeting]

[Person, follow-ups]

[TAG]

00:00 — 00:00

[Block 4 — body / health]

[Activity details]

[TAG]

00:00

[Block 5 — output / ship]

[Deliverable]

[TAG]

08 // NUTRITION

< TODAY >

TODAY HISTO

0 of 2800 kcal
~2500 deficit

PROTEIN

0/180g

CARBS

0/300g

FAT

0/80g

Log a meal — try "estimate 500 cal"

+

● CUTOFF · 5:00 PM

CUTOFF IN 1h 21m

TODAY · HOVER TO EDIT

00:00 [Meal 1 — what you ate] 0k 0p

00:00 [Meal 2 — what you ate] 0k 0p

00:00 [Meal 3 — what you ate] 0k 0p

NET WORTH · LIVE

\$1,248,920

^ [-]% · 30D

^ [-]% · 1Y

RUNWAY

28 mo

@ current burn · static

∞ at projected delta

INCOME / MO

\$[-]

^ [-]% vs L3M avg

3 sources · 2 recurring

BURN / MO

\$[-]

stable · ±[-]% L3M

[-]% save rate

a1 // LIQUID CASH

[-]% OF NET

\$284,500

CHECKING

\$[-]

SAVINGS

\$[-]

HYSA

\$[-]

STABLES

\$[-]

a2 // INVESTED ASSETS

[-]% OF NET

\$962,420

EQUITIES

\$[-]

INDEX

\$[-]

CRYPTO

\$[-]

PRIVATE

\$[-]

a3 // LIABILITIES

[-]% OF NET

\$54,200

CC FLOAT

\$[-]

CAR LEASE

\$[-]

LOC

\$[-]

TAX ACCR.

\$[-]

a4 // SNAPSHOT HISTORY					MONTHLY · 24MO
PERIOD	NET WORTH	LIQUID	INVESTED	LIABILITIES	Δ VS PRIOR
Apr 2026	\$1,248,920	\$284,500	\$962,420	\$54,200	+\$50,720
Mar 2026	\$1,198,200	\$272,400	\$918,100	\$55,800	+\$44,100
Feb 2026	\$1,154,100	\$264,200	\$881,900	\$57,400	+\$45,800
Jan 2026	\$1,108,300	\$258,000	\$840,300	\$59,200	+\$45,500
Dec 2025	\$1,062,800	\$241,400	\$810,800	\$61,200	+\$48,600
Nov 2025	\$1,014,200	\$232,100	\$769,500	\$63,100	+\$31,800
Oct 2025	\$982,400	\$221,800	\$742,000	\$65,000	\$0

WEEKLY REVIEW · W17

AUTO-SAVED

✓ SEAL WEEK

Mon [DATE] → *Sun* [DATE]

WINS THIS WEEK

Shipped classifier v2, closed [P1] intro loop, hit 47d training streak.

WHAT SLIPPED

Essay drafted but not shipped. [Task — finance automation] delayed.

OPEN LOOPS

Atlas reference check. v2.7 hand-off doc.

PEOPLE TO FOLLOW UP WITH

[P4], Elena, [P6]

CONTENT SHIPPED

Nothing public. 1 essay in draft.

HEALTH PATTERN

Sleep quality high, HRV trending up, strain moderate.

NEXT WEEK — TOP 3

1) Ship essay 2) Close term sheet review 3) Finance snapshot live