

Eat That Frog!

by Brian Tracy

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Pick tomorrow's frog tonight**

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Before you stop work, choose the one task with the highest consequence and write it at the top of tomorrow's page.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Block the first 60 minutes**

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Protect the first useful hour from inbox, chat, errands, and low-value preparation.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Cut the first bite**

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Define the first physical move so clearly that it can be started in under two minutes.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Label A, B, and C tasks**

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Rank your list by consequence. Do not touch a B task while an A task is still untouched.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Batch the tadpoles**

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Group small easy tasks after the frog so they stop masquerading as priority work.