



Monitor Your Time

Time	Plan	Actual	Comments*
12-5am			
5-6am			
6-7am			
7-8am			
8-9am			
9-10am			
10-11am			
11am-12pm			
12-1pm			
1-2pm			
2-3pm			
3-4pm			
4-5pm			
5-6pm			
6-7pm			
7-8pm			
8-9pm			
9-10pm			
10-11pm			
11pm-12am			

*to help you uncover patterns in the way you manage your time (energy level, ability to focus, tendency for procrastination)