

Activities to include in your list

Sleep	Planning
Routine	Paperwork
Meal	Meeting
Travel	Email
Exercise	Calls
Cleaning	Family
Work	Relax

Activities by Time of Day

Early mornings are best for...

Mornings are best for...

Lunchtimes are best for...

Afternoons are best for...

Evenings are best for...

Late nights are best for...

Activities by Day of the Week

Mondays are best for...

Tuesdays are best for...

Wednesdays are best for...

Thursdays are best for...

Fridays are best for...

Saturdays are best for...

Sundays are best for...
