

Fill in the table with your usual daily routine



TYPE OF DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM
NORMAL WEEK DAY																	
BUSY WEEK DAY																	
WEEKEND DAY																	

When setting a challenge for the next week, can you see a time where you can achieve your goal?

What are your priorities in the week?

Can anything be moved around in order for you to achieve your goals?