

My schedule

In order to appreciate how you use your time and to be able to adjust it if needed, look at what your days are like, ideally for 2 weeks, by coloring the time slots according to the following categories :

- Black: sleep
- Red: time you spend in training/at work
- Orange: travel time
- Blue: time you spend doing the household chores
- Green: recreational activities
- Yellow: all the rest

Do not hesitate to change the categories according to what you want to appreciate.

Do this work again (once or twice a year) to check on how you use your time.

My schedule

hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5h							
6h							
7h							
8h							
9h							
10h							
11h							
12h							
13h							
14h							
15h							
16h							
17h							
18h							
19h							
20h							
21h							
22h							
23h							
24h							
NIGHT							