

Daily activity schedule

This schedule is designed to help you plan and track your activities. Please rate mastery and pleasure activities from 0 to 5 - the higher the number, the greater the sense of satisfaction.

Date: <hr/>	Prospective Plan your activities on an hour-by-hour basis at the start of the day	Retrospective At the end of the day, record what you actually did and rate each activity with an M for mastery or a P for pleasure
7:00am-8:00am		
8:00am-9:00am		
9:00am-10:00am		
10:00am-11:00am		
11:00am-12 noon		
12 noon-1:00pm		
1:00pm-2:00pm		
2:00pm-3:00pm		
3:00pm-4:00pm		
4:00pm-5:00pm		
5:00pm-6:00pm		
6:00pm-7:00pm		
7:00pm-8:00pm		
8:00pm-9:00pm		
9:00pm-10:00pm		
10:00pm-11:00pm		
11:00pm-12 midnight		