List of activities							
	Work	Family/friends	Self-care				
1							
2							
3							
4							
5							

List of priorities						
	Work	Family/friends	Self-care			
1						
2						
3						

Key	
	Work
	Family/friends
	Self-care



## A weekly time map

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Worlday	Tuesday	Wednesday	Thursday	Tilday	Saturday	Juliuay
7-8 a.m.							
8-9 a.m.							
9-10 a.m.							
10-11 a.m.							
11 a.m12 p.m.							
12-1 p.m.							
1-2 p.m.							
2-3 p.m.							
3-4 p.m.							
4-5 p.m.							
5-6 p.m.							
6-7 p.m.							
7-8 p.m.							
8-9 p.m.							
9-10 p.m.							
10-11 p.m.							