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

Key			
	Work		
	Family/friends		
	Self-care		

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

## A weekly time map

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.							