



WEEKLY CLOSEUP



SUNDAY

MORNING	AFTERNOON	EVENING
Wake Time:		
		Bed Time:

MONDAY

MORNING	AFTERNOON	EVENING
Wake Time:		
		Bed Time:

“There is only one thing more precious than our time and that is who we spend it on”-Leo Christopher

TUESDAY

MORNING	AFTERNOON	EVENING
Wake Time:		Bed Time:

WEDNESDAY

MORNING	AFTERNOON	EVENING
Wake Time:		Bed Time:

THURSDAY

MORNING	AFTERNOON	EVENING
Wake Time:		Bed Time:

FRIDAY

MORNING	AFTERNOON	EVENING
Wake Time:		Bed Time:

SATURDAY

MORNING	AFTERNOON	EVENING
Wake Time:		Bed Time:

Most productive hours this week: _____

Time of day I'm most focused: _____

Time of day I'm most relaxed: _____

Favorite activities this week: _____

