

TASK

Outline your typical day x 3

Instruction: Outline your typical day x 3 (in other words, document three days here please), hour by hour, before moving on.

Day 1

Day 2

Day 3

6:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
6:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			