

What Your Day Actually Looks Like

Track one workday or school day honestly, so you can see where it goes.

WHEN TO USE THIS

Use this at the end of a normal day, not your worst one.

Fill this in for today, block by block.

TIME	WHAT I WAS DOING	ENERGY 0-10

Where did the day get away from you?

When did you feel most like yourself today?

One day is a snapshot. Three days start to show you a pattern.

It is hard to change a day you have never actually looked at.