

Daily journal

Date _____

The day in your own words, then where the hours went.

Mood

1 2 3 4 5

Energy

1 2 3 4 5

Today, in my own words What you did, roughly when, and how it went.

Where the hours went Shade each hour by what filled it. Leave the rest blank.

[illegible]

12a

3a

6a

9a

12p

3p

6p

9p

Hours by category

Sleep _____ h

Phone and screens _____ h

Work or study h

Getting around

People _____ h

Other _____ h

Meals h

Unaccounted (24 minus the rest) h

Three questions for tonight

What took more time than it deserved today?

What got less time than it deserved?

What gets the first hour tomorrow?