

current weekly schedule

Note how you currently spend your 168 hours:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00 PM							
12:30							
1:00							
1:30							
2:00							
2:30							



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00 AM							
12:30							

Tune into *Tranquility du Jour* podcasts #95, #199, #263, #306, and #343 on tranquil time management.
Downloadable PDF at kimberlywilson.com/daybook

