

Time Finder

Write down your commitments/routine and the routines of your children/partner.
Note your most productive times in the mood column.

Mood	Time	Weekdays			Saturday			Sunday		
		Me			Me			Me		
	5 AM									
	6 AM									
	7 AM									
	8 AM									
	9 AM									
	10 AM									
	11 AM									
	NOON									
	1 PM									
	2 PM									
	3 PM									
	4 PM									
	5 PM									
	6 PM									
	7 PM									
	8 PM									
	9 PM									
	10 PM									