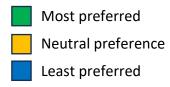# Time Plotting

Instructions: Over the course of 1-week, fill out the "time plotting" calendar below. For each box, write down a few words (or more) describing the main activity you are doing. At the end of each day, color code each square using the key in the upper right to note your level of preference in the action(s) you engaged in.

(Step 1)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							

Step 2: Once the week complete, you will assess your time plotting to see if there are any patterns. To do this, consider the following questions, and log your responses in the box below:

Are there days or times of day that you seem to most prefer? Which do you least prefer?	
Do your green squares have anything in common?	
Do your blue squares have anything in common?	
What could you do to increase your green squares?	
What could be done to minimize your blue squares?	