

Typical Day

What does a typical "day" in your life look like?

Time	Activity	Duration/Description
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____
_____ AM/PM	_____	_____

What does your workout schedule look like?

Activity	Time	Day	Frequency	Duration
_____	_____ AM/PM	Su M T W Th F Sa	_____	_____
_____	_____ AM/PM	Su M T W Th F Sa	_____	_____
_____	_____ AM/PM	Su M T W Th F Sa	_____	_____
_____	_____ AM/PM	Su M T W Th F Sa	_____	_____

Details: _____
