How I Spent My Time This Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight-1:00							
1:00-2:00							
2:00 -3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
9:00-10:00							
10:00-11:00							
11:00-Noon							
Noon-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-Midnight							

OBJECTIVE **Something important to you**	**This Week's MASTERed Goals** **Measurable, Accountable, Specific, Timely, Exciting, Realistic**	**DONE**