

Weekday Schedule - Productivity and Reflection

Use the chart below to record how your day was spent and productivity during the day —write-in activities including start and end times. You can use colored pencils to shade in blocks of time. Then, at the end of each weekday, fill in the chart on page two to reflect on your day.

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WOKE UP AT:					
6 AM					
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12/NOON					
1 PM					
2 PM					
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					
9 PM					
10 PM					
TIME WENT TO SLEEP:					

Monday-Friday Daily Reflection - complete at the end of each weekday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Were you on time to all appointments (YES or NO)?:					
What did you do to help around the house (e.g., unloaded dishwasher, walked dog)?:					
Which skills did you practice today (e.g., reading)?:					
How much time did you spend watching T.V., videos or playing games (be honest)?:					
Other notes/comments about your day:					