

# DAILY SCHEDULE

DATE \_\_\_\_\_

Track your daily schedule for one week. Write down what you're doing as often as you can and feel free to print out multiple sheets if needed. It is important to be honest; for example spending thirty minutes looking at your social media feeds needs to be included. You will also track how you feel while engaging in these activities. The notes area can be used as you wish, for example, you may want to add in more detail about how you were feeling during activities or what you might want to shift to make that activity a better experience. After tracking your schedule for a week review your findings with the given instructions in the Full Potential Guidebook.

## HOUR YOU WAKE UP: \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

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 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

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 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

 What you did: \_\_\_\_\_ For how long: \_\_\_\_\_ How you felt: 😊 😐 😞

**Notes:** \_\_\_\_\_

## HOUR YOU GO TO SLEEP: \_\_\_\_\_

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