
Research Diary

Name

Calender week 37, 2022

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Weekly data

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Sleep (hours)					
Work on thesis					
Other work					
Phone use					
Sport (Yes/No)					
Daily rating (1-10)					

Monday

What happened to me today (Thoughts and feelings):

Accomplishments:

What did I learn?

Ideas (research, etc.) and interesting research topics:

Appointments, tasks and goals tomorrow:

Tuesday

What happened to me today (Thoughts and feelings):

Accomplishments:

What did I learn?

Ideas (research, etc.) and interesting research topics:

Appointments, tasks and goals tomorrow:

Wednesday

What happened to me today (Thoughts and feelings):

Accomplishments:

What did I learn?

Ideas (research, etc.) and interesting research topics:

Appointments, tasks and goals tomorrow:

Thursday

What happened to me today (Thoughts and feelings):

Accomplishments:

What did I learn?

Ideas (research, etc.) and interesting research topics:

Appointments, tasks and goals tomorrow:

Friday

What happened to me today (Thoughts and feelings):

Accomplishments:

What did I learn?

Ideas (research, etc.) and interesting research topics:

Appointments, tasks and goals tomorrow:

Weekly review

Retrospective

What went well?

What should I do differently?

What did I learn?

For what do I still not have a solution?

Three good things:

- 1.

Outlook

1-3 most important events/to dos next week:

- 1.

Plan for the week:

1. Check calender and to do list.
2. Appointments for myself (Friends, relationship, sport).
3. Rough plan.

New habit or a mantra: