|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Friday** | **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **08:00** |  |  |  |  |  |  |  |
| **10:00** |  |  |  |  |  |  |  |
| **12:00** |  |  |  |  |  |  |  |
| **14:00** |  |  |  |  |  |  |  |
| **16:00** |  |  |  |  |  |  |  |
| **18:00** |  |  |  |  |  |  |  |
| **20:00** |  |  |  |  |  |  |  |
| **22:00** |  |  |  |  |  |  |  |
| **24:00** |  |  |  |  |  |  |  |

Possible activities (examples):

* Reading article
* Writing article
* Writing report
* Attending meeting
* Preparing meeting
* Coffee with colleagues
* Lunching
* Browsing news on internet
* Social media
* Call/skype with family
* Preparing experiment
* Conducting experiment
* Talk to technician
* Meet supervisor
* Meet promoter
* Making week plan
* Reflecting
* Reading literature
* Watching TV/movie
* Sporting
* Gaming
* Follow course
* Studying language
* Doing homework for course
* Programming
* Debugging
* Thinking
* Cooking
* Dining
* Having breakfast
* Housekeeping
* Doing groceries
* Doing laundry
* Meet with friends
* Family visit
* Travelling
* Leisure trip
* Listening / playing music
* Answering Email
* Sleeping
* Relaxing
* Administration
* Financial matters
* Shopping …………………………