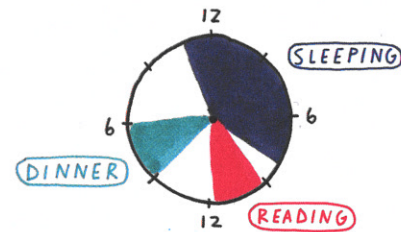


#29 BALANCING MY SCHEDULE

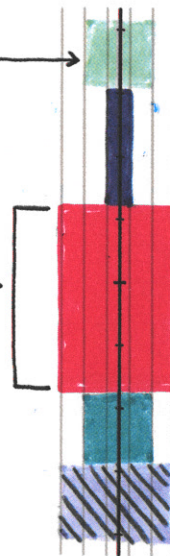
What does an honest depiction of your schedule look like? Is your schedule well balanced?

For an entire day, add to the calendar on your phone the start and end time for all your activities. When the day is complete, draw!



1. Each BAR = an activity

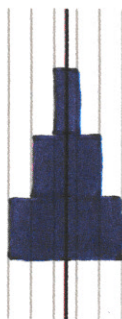
HEIGHT = how long the activity took



2. COLOR = the category of the activity you were doing

	sleeping
	mealtimes

3. The bar's WIDTH = how much you enjoyed the activity



I hated it!

no strong opinions

I loved it!

4. A PATTERN drawn over the activity = activities you believe make life worth living!



Data collected from _____ to _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY