



Example Daily Journal


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☰ Type	Daily

Event-Time Log

Aa Event	☰ Time	▼ Type
<u>morning exercise</u>	1h	Exercise
<u>breakfast</u>	20min	
<u>course</u>	1h	Non-central Work
<u>write code</u>	1h	Research
<u>debug</u>	1h	
<u>lunch</u>	1h	
<u>take a nap</u>	30min	
<u>seminar</u>	1h	
<u>course</u>	1h	
<u>write code</u>	2h	Research
<u>call friends</u>	20min	
<u>happy hour</u>	30min	
<u>dinner</u>	1h	
<u>out for a walk</u>	30min	
<u>write code</u>	1h	Research
<u>debug</u>	1h	
<u>read books</u>	1h	Non-central Work
<u>chat with friends</u>	30min	
<u>read books</u>	30min	
<u>evening routine</u>	30min	

<u>Aa</u> Event	 Time	 Type
<u>write medium posts</u>	30min	
<u>Untitled</u>		

Time Budget

<u>Aa</u> Plan	 Time Budget
<u>morning exercise</u>	1h
<u>do research</u>	3h
<u>Untitled</u>	

Grateful for and Happy about

1.

Self-reflection

1.

Lessons

1.

Bad Habits

1.

Thoughts

1.