+ / +− / −		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 am							
	7 am							
	8 am							
	9 am							
	10 am							
	11 am							
	12 noon							
	1 pm							
	2 pm							
	3 pm							
	4 pm							
	5 pm							
	6 pm							
	7 pm							
	8 pm							
	9 pm							
	10 pm							
	11 pm							
	12 mid-night							
	1 am							
	2 am							
	3 am							
	4 am							
	5 am							

WEEKLY PLAN

Indicate, possibly based on your observation, when you …
> are able to concentrate well ? **+** = **productive hours**
> you are less able to concentrate? **+/−** = **less productive hours**
> you cannot concentrate? **−** = **unproductive hours**

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