

TIME	ACTIVITY	RIGHT TASK FOR ME?	LEVEL OF ALERTNESS?	OTHER NOTES
5AM - 6AM				
6AM - 7AM				
7AM - 8AM				
8AM - 9AM				
9AM - 10AM				
10AM - 11AM				
11AM - 12PM				
12PM - 1PM				
1PM - 2PM				
2PM - 3PM				
3PM - 4PM				
4PM - 5PM				
5PM - 6PM				
6PM - 11PM				

### Reflect On The Time Choices You Made Today:

- Did your Multiplier Time enable you and others to be highly focused during your Doing Time?
- What actions did you take today to enhance your health, wellness, and relationships?
- Did you allocate enough Thinking Time?
- What would you stop, start or continue to improve the choices you made today?
- Did you allocate enough Connecting Time to enable you to improve your relationships?

TIME	ACTIVITY	RIGHT TASK FOR ME?	LEVEL OF ALERTNESS?	OTHER NOTES
5AM - 6AM				
6AM - 7AM				
7AM - 8AM				
8AM - 9AM				
9AM - 10AM				
10AM - 11AM				
11AM - 12PM				
12PM - 1PM				
1PM - 2PM				
2PM - 3PM				
3PM - 4PM				
4PM - 5PM				
5PM - 6PM				
6PM - 11PM				

### Reflect On The Time Choices You Made Today:

- Did your Multiplier Time enable you and others to be highly focused during your Doing Time?
- What actions did you take today to enhance your health, wellness, and relationships?
- Did you allocate enough Thinking Time?
- What would you stop, start or continue to improve the choices you made today?
- Did you allocate enough Connecting Time to enable you to improve your relationships?

TIME	ACTIVITY	RIGHT TASK FOR ME?	LEVEL OF ALERTNESS?	OTHER NOTES
5AM - 6AM				
6AM - 7AM				
7AM - 8AM				
8AM - 9AM				
9AM - 10AM				
10AM - 11AM				
11AM - 12PM				
12PM - 1PM				
1PM - 2PM				
2PM - 3PM				
3PM - 4PM				
4PM - 5PM				
5PM - 6PM				
6PM - 11PM				

### Reflect On The Time Choices You Made Today:

- Did your Multiplier Time enable you and others to be highly focused during your Doing Time?
- What actions did you take today to enhance your health, wellness, and relationships?
- Did you allocate enough Thinking Time?
- What would you stop, start or continue to improve the choices you made today?
- Did you allocate enough Connecting Time to enable you to improve your relationships?

TIME	ACTIVITY	RIGHT TASK FOR ME?	LEVEL OF ALERTNESS?	OTHER NOTES
5AM - 6AM				
6AM - 7AM				
7AM - 8AM				
8AM - 9AM				
9AM - 10AM				
10AM - 11AM				
11AM - 12PM				
12PM - 1PM				
1PM - 2PM				
2PM - 3PM				
3PM - 4PM				
4PM - 5PM				
5PM - 6PM				
6PM - 11PM				

### Reflect On The Time Choices You Made Today:

- Did your Multiplier Time enable you and others to be highly focused during your Doing Time?
- What actions did you take today to enhance your health, wellness, and relationships?
- Did you allocate enough Thinking Time?
- What would you stop, start or continue to improve the choices you made today?
- Did you allocate enough Connecting Time to enable you to improve your relationships?

TIME	ACTIVITY	RIGHT TASK FOR ME?	LEVEL OF ALERTNESS?	OTHER NOTES
5AM - 6AM				
6AM - 7AM				
7AM - 8AM				
8AM - 9AM				
9AM - 10AM				
10AM - 11AM				
11AM - 12PM				
12PM - 1PM				
1PM - 2PM				
2PM - 3PM				
3PM - 4PM				
4PM - 5PM				
5PM - 6PM				
6PM - 11PM				

### Reflect On The Time Choices You Made Today:

- Did your Multiplier Time enable you and others to be highly focused during your Doing Time?
- What actions did you take today to enhance your health, wellness, and relationships?
- Did you allocate enough Thinking Time?
- What would you stop, start or continue to improve the choices you made today?
- Did you allocate enough Connecting Time to enable you to improve your relationships?