

MOTIVATE YOURSELF!

WEEKLY SCHEDULE

WEEK:

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---------|-------------|---------|-------------|-----------|-------------|----------|-------------|---------|-------------|
| PLANNED | REALLY DONE | PLANNED | REALLY DONE | PLANNED | REALLY DONE | PLANNED | REALLY DONE | PLANNED | REALLY DONE |
| 12.00 | | | | | | | | | |
| 01.00 | | | | | | | | | |
| 02.00 | | | | | | | | | |
| 03.00 | | | | | | | | | |
| 04.00 | | | | | | | | | |
| 05.00 | | | | | | | | | |
| 06.00 | | | | | | | | | |
| 07.00 | | | | | | | | | |
| 08.00 | | | | | | | | | |
| 09.00 | | | | | | | | | |
| 10.00 | | | | | | | | | |
| 11.00 | | | | | | | | | |
| 12.00 | | | | | | | | | |
| 01.00 | | | | | | | | | |
| 02.00 | | | | | | | | | |
| 03.00 | | | | | | | | | |
| 04.00 | | | | | | | | | |
| 05.00 | | | | | | | | | |
| 06.00 | | | | | | | | | |
| 07.00 | | | | | | | | | |
| 08.00 | | | | | | | | | |
| 09.00 | | | | | | | | | |
| 10.00 | | | | | | | | | |
| 11.00 | | | | | | | | | |

Enter your tasks for the new week under "planned" on the weekend. Then try to implement them in the best possible way in the respective week. If you should do something else in a time window, enter this under "done". You can evaluate at any time whether you have adhered to your plans.