Handout 5.3: Work-life balance time diary

|  |  |  |
| --- | --- | --- |
| Time period | What are you doing? | What should/could you be doing? |
| Midnight to 1 am |  |  |
| 1 to 2 am |  |  |
| 2 to 3 am |  |  |
| 3 to 4 am |  |  |
| 4 to 5 am |  |  |
| 5 to 6 am |  |  |
| 6 to 7 am |  |  |
| 7 to 8 am |  |  |
| 8 to 9 am |  |  |
| 9 to 10 am |  |  |
| 10 to 11 am |  |  |
| 11 am to 12 noon |  |  |
| 12 noon to 1 pm |  |  |
| 1 to 2 pm |  |  |
| 2 to 3 pm |  |  |
| 3 to 4 pm |  |  |
| 4 to 5 pm |  |  |
| 5 to 6 pm |  |  |
| 6 to 7 pm |  |  |
| 7 to 8 pm |  |  |
| 8 to 9 pm |  |  |
| 9 to 10 pm |  |  |
| 10 to 11 pm |  |  |
| 11 to midnight |  |  |