

# Working Patterns Diary

Each day, note what you're doing, where you're doing it, how effective you're feeling, and who you're with.

Date

What

Where

Who

Score (+/-)

0500  
0600  
0700  
0800  
0900  
1000  
1100  
1200  
1300  
1400  
1500  
1600  
1700  
1800  
1900  
2000  
2100  
2200  
2300  
0000  
0100  
0200  
0300  
0400

