

Pattern Log

Today's Date:

This log will help you build your self-awareness as you record your productivity patterns throughout the day.

	Record Food and Beverages Consumed		Record Activity Level as Work (Mental), Work (Physical), Rest, Leisure, Exercise (include details about type of exercise)		Record Well-Being as Tired/Sluggish, Neutral, Energetic (Nervous), Energetic (Focused), Productive (Energetic and Focused)		Additional Notes
6:00 AM							
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9:00 PM							

SLEEP RECORD

Time I went to sleep last night:

Total hours of sleep:

Additional sleep notes (i.e. interruptions? restless?)



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SCHOOL OF EXCELLENCE

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