

Consider tracking 5 life patterns

Examples: sleep, eating, study, exercise, time on phone, time on computer, time reading, time with friends, time w
work, friends, family

My Life Patterns

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					