



ENLIGHTEN EXERCISE #48

Tracking How I Spend My Time?
How I Spend 168 Hours in a Week

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|---------|-----------|----------|--------|----------|
| 5AM | | | | | | |
| 5:30 | | | | | | |
| 6 | | | | | | |
| 6:30 | | | | | | |
| 7 | | | | | | |
| 7:30 | | | | | | |
| 8 | | | | | | |
| 8:30 | | | | | | |
| 9 | | | | | | |
| 9:30 | | | | | | |
| 10 | | | | | | |
| 10:30 | | | | | | |
| 11 | | | | | | |
| 11:30 | | | | | | |
| 12PM | | | | | | |
| 12:30 | | | | | | |
| 1 | | | | | | |
| 1:30 | | | | | | |
| 2 | | | | | | |
| 2:30 | | | | | | |
| 3 | | | | | | |
| 3:30 | | | | | | |
| 4 | | | | | | |
| 4:30 | | | | | | |
| 5 | | | | | | |
| 5:30 | | | | | | |
| 6 | | | | | | |
| 6:30 | | | | | | |
| 7 | | | | | | |
| 7:30 | | | | | | |
| 8 | | | | | | |
| 8:30 | | | | | | |
| 9 | | | | | | |
| 9:30 | | | | | | |
| 10 | | | | | | |
| 10:30 | | | | | | |
| 11 | | | | | | |
| 11:30 | | | | | | |
| 12AM | | | | | | |
| 12:30 | | | | | | |
| 1 | | | | | | |
| 1:30 | | | | | | |
| 2 | | | | | | |
| 2:30 | | | | | | |
| 3 | | | | | | |
| 3:30 | | | | | | |
| 4 | | | | | | |
| 4:30 | | | | | | |