


Time Finder

Write down your commitments/routine and the routines of your children/partner. Note your most productive times in the mood column.

Mood		WEEKDAYS			SAT		SUN	
		ME			ME		ME	
	05:00 AM							
	06:00 AM							
	07:00 AM							
	08:00 AM							
	09:00 AM							
	10:00 AM							
	11:00 AM							
	12:00 MD							
	01:00 PM							
	02:00 PM							
	03:00 PM							
	04:00 PM							
	05:00 PM							
	06:00 PM							
	07:00 PM							
	08:00 PM							
	09:00 PM							
	10:00 PM							
Total Free Hr								