

APPENDIX A

A WEEKDAY time log..just to give you an idea of what you did when...		Week of _____ 1992 Daily rising time _____ retiring time _____ (Both approximate)			
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM					
6:15					
6:30					
6:45					
7:00					
7:15					
7:30					
7:45					
8:00					
8:15					
8:30					
8:45					
9:00					
9:15					
9:30					
9:45					
10:00					
10:15					
10:30					
10:45					
11:00					
11:15					
11:30					
11:45					
12:00					

Obviously one will need more space but the more accurate one is in reporting the activities the more precise in knowing what is done. You will discover time waiting for a class to start or some such thing in which a useful period of study could have been achieved.

fill in the events for each fifteen minute period...do it for the whole day, of course. Yes, it takes some paper but that is the least of your troubles.