

THE "NORMAL" DAY TEMPLATE

TYPE OF DAY: _____

(E.G. OFFICE DAY / WFH / WEEKDAY / WEEKEND)

WHAT IS YOUR WAKE TIME? _____

WHAT IS YOUR BED TIME? _____

WHAT TIME WILL YOU SWITCH OFF FOR BED? _____

WILL YOU TRAIN TODAY? _____

WHAT TIME WILL YOU TRAIN? (TIME:TIME) _____ **TO** _____

HOW MANY MEALS / SNACKS WILL YOU EAT TODAY? _____

WHAT TIMES WILL YOU START WORK / STOP WORK? _____ **TO** _____

IF YOU'RE WORKING IN BLOCKS COMPLETE THEM HERE:

_____ **TO** _____

_____ **TO** _____

_____ **TO** _____

WHEN WILL YOU GET YOUR STEPS IN TODAY? _____

5am:.....

6am:.....

7am:.....

8am:.....

9am:.....

10am:.....

11am:.....

12am:.....

1pm:.....

2pm:.....

3pm:.....

4pm:.....

5pm:.....

6pm:.....

7pm:.....

8pm:.....

9pm:.....

10pm:.....

11pm:.....