

SingleMomMD.org

7 Day Calendar





7 Day Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am							
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							



7 Day Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00pm							
8:00pm							
9:00pm							
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12:00am							
1:00am							
2:00am							
3:00am							
4:00am							

Use the 7 Day Calendar to record everything you do for an entire week. Once your calendar is completely filled in, use highlighters or crayons to assign a color to each type of activity (yellow for sleep, red for meals, blue for leisure, green for work, etc.).

What is taking up most of your time?

Where could you take back some time to learn more about online business? Things to consider: commuting time, long car rides, waiting rooms, chores, after the kids go to bed, early in the morning, etc.