

MY PEAK PRODUCTIVITY HOURS CHART

WEEK 3		MON	TUE	WED	THU	FRI	SAT	SUN	AVERAGE	TOTAL AVERAGE	NOTES
6:00	Energy										
	Focus										
	Motivation										
6:30	Energy										
	Focus										
	Motivation										
7:00	Energy										
	Focus										
	Motivation										
7:30	Energy										
	Focus										
	Motivation										
8:00	Energy										
	Focus										
	Motivation										
8:30	Energy										
	Focus										
	Motivation										
9:00	Energy										
	Focus										
	Motivation										
9:30	Energy										
	Focus										
	Motivation										
10:00	Energy										
	Focus										
	Motivation										
10:30	Energy										
	Focus										
	Motivation										
11:00	Energy										
	Focus										
	Motivation										

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WEEK 3		MON	TUE	WED	THU	FRI	SAT	SUN	AVERAGE	TOTAL AVERAGE	NOTES
11:30	Energy										
	Focus										
	Motivation										
12:00	Energy										
	Focus										
	Motivation										
12:30	Energy										
	Focus										
	Motivation										
13:00	Energy										
	Focus										
	Motivation										
13:30	Energy										
	Focus										
	Motivation										
14:00	Energy										
	Focus										
	Motivation										
14:30	Energy										
	Focus										
	Motivation										
15:00	Energy										
	Focus										
	Motivation										
15:30	Energy										
	Focus										
	Motivation										
16:00	Energy										
	Focus										
	Motivation										
16:30	Energy										
	Focus										
	Motivation										

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WEEK 3		MON	TUE	WED	THU	FRI	SAT	SUN	AVERAGE	TOTAL AVERAGE	NOTES
17:00	Energy										
	Focus										
	Motivation										
17:30	Energy										
	Focus										
	Motivation										
18:00	Energy										
	Focus										
	Motivation										
18:30	Energy										
	Focus										
	Motivation										
19:00	Energy										
	Focus										
	Motivation										
19:30	Energy										
	Focus										
	Motivation										
20:00	Energy										
	Focus										
	Motivation										
20:30	Energy										
	Focus										
	Motivation										
21:00	Energy										
	Focus										
	Motivation										
21:30	Energy										
	Focus										
	Motivation										
22:00	Energy										
	Focus										
	Motivation										

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WEEK 3		MON	TUE	WED	THU	FRI	SAT	SUN	AVERAGE	TOTAL AVERAGE	NOTES
22:30	Energy										
	Focus										
	Motivation										
23:00	Energy										
	Focus										
	Motivation										
23:30	Energy										
	Focus										
	Motivation										
SUMMARY	Energy										
	Focus										
	Motivation										

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