

Ephesians 5:16

"Make the best use of time.."

Day:

Date:

Wake-Up Time:

In Bed Time:

Day:

Date:

Wake-Up Time:

In Bed Time:

Time	Activity- Week 1	Activity- Week 2
5am		
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
12am		
1am		

- Prayer
- Bible study
- Worship/ Ministry
- Meditation
- Marketing
- Financial Planning
- Client Service
- Fitness/Health

- Family Time
- Reading/ Studying
- Television/Entertainment
- Eating/Hygiene
- Household Chores
- Relationships
- Travel/Recreation
- Sleep