

Day Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Activity	Planned	Actual
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual			
00:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			
00:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Gigging	0	0.5
01:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Writing	1.5	3.5
01:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Production	8	0
02:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rehearsal	7.5	4.5
02:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Admin	7	10.5
03:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Meeting	0	0
03:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Marketing	1	1.5
04:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Teaching	0	0
04:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Media	0	0
05:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Travel	5.5	6
05:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	83	93
06:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Social	0	4.5
06:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Family	22	30
07:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Health	4	1
07:30	Family	Family	Family	Family	Family	Rest	Family	Rest	Family	Family	Rest	Rest	Rest	Rest	Day Job	8.5	10.5
08:00	Family	Family	Travel	Travel	Travel	Rest	Travel	Family	Travel	Family	Rest	Rest	Rest	Rest	Volunteering	13.5	1.5
08:30	Travel	Travel	Health	Health	Health	Family	Health	Family	Health	Marketing	Rest	Rest	Rest	Rest	Other	6.5	1
09:00	Day Job	Day Job	Rehearsal	Rehearsal	Rehearsal	Travel	Rehearsal	Health	Rehearsal	Marketing	Volunteering	Rest	Health	Rest	Wasted!	0	0
09:30	Day Job	Day Job	Rehearsal	Rehearsal	Rehearsal	Admin	Rehearsal	Rehearsal	Rehearsal	Day Job	Volunteering	Rest	Family	Rest			
10:00	Day Job	Day Job	Rehearsal	Rehearsal	Admin	Rest	Rehearsal	Rehearsal	Rehearsal	Family	Volunteering	Rest	Family	Admin		168	168
10:30	Day Job	Day Job	Day Job	Day Job	Writing	Rest	Production	Rehearsal	Production	Family	Volunteering	Family	Admin	Family			
11:00	Day Job	Other	Day Job	Day Job	Writing	Rest	Production	Family	Production	Rest	Volunteering	Family	Admin	Family			
11:30	Day Job	Other	Day Job	Day Job	Writing	Admin	Production	Writing	Production	Rest	Volunteering	Family	Family	Family			
12:00	Travel	Travel	Day Job	Day Job	Production	Rest	Production	Writing	Production	Day Job	Volunteering	Family	Family	Family			
12:30	Rest	Admin	Admin	Admin	Admin	Rest	Production	Writing	Production	Day Job	Volunteering	Volunteering	Family	Travel			
13:00	Admin	Admin	Rest	Rest	Rehearsal	Rest	Production	Writing	Production	Day Job	Volunteering	Volunteering	Family	Travel			
13:30	Admin	Marketing	Day Job	Day Job	Rehearsal	Rest	Other	Family	Production	Day Job	Volunteering	Volunteering	Family	Family			
14:00	Day Job	Day Job	Day Job	Day Job	Other	Rest	Other	Rest	Production	Admin	Volunteering	Rest	Family	Family			
14:30	Day Job	Day Job	Travel	Travel	Other	Rest	Other	Family	Production	Admin	Volunteering	Rest	Family	Family			
15:00	Travel	Travel	Day Job	Day Job	Other	Rest	Other	Family	Other	Admin	Volunteering	Rest	Family	Family			
15:30	Family	Family	Day Job	Day Job	Other	Family	Travel	Family	Other	Admin	Volunteering	Rehearsal	Family	Travel			
16:00	Family	Family	Day Job	Day Job	Other	Family	Family	Family	Other	Admin	Volunteering	Rehearsal	Family	Travel			
16:30	Travel	Travel	Travel	Day Job	Other	Family	Family	Family	Admin	Admin	Volunteering	Rehearsal	Family	Admin			
17:00	Rehearsal	Family	Family	Travel	Family	Admin	Marketing	Family	Admin	Admin	Volunteering	Social	Family	Family			
17:30	Rehearsal	Family	Family	Family	Family	Admin	Family	Family	Family	Writing	Volunteering	Social	Family	Family			
18:00	Family	Admin	Family	Family	Admin	Admin	Family	Admin	Family	Writing	Volunteering	Social	Family	Family			
18:30	Family	Admin	Admin	Family	Admin	Family	Admin	Admin	Family	Writing	Volunteering	Social	Family	Rest			
19:00	Marketing	Rest	Rest	Rest	Family	Family	Admin	Rest	Family	Family	Volunteering	Social	Family	Rest			
19:30	Rest	Rest	Rest	Rest	Family	Family	Rest	Rest	Health	Family	Volunteering	Gigging	Family	Rest			
20:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Health	Family	Volunteering	Social	Rest	Rest			
20:30	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Health	Family	Volunteering	Social	Rest	Rest			
21:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Family	Volunteering	Social	Rest	Rest			
21:30	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Family	Volunteering	Social	Rest	Rest			
22:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Volunteering	Rest	Rest	Rest			
22:30	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			
23:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			
23:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			