

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
01:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Writing	1.5	0
01:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Production	17.5	11
02:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rehearsal	0	0
02:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Admin	4	3
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	0.5	4
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	6	6.5
05:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	78.5	82
06:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Social	14.5	9.5
06:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Family	15.5	21
07:00	Rest	Rest	Family	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Health	1.5	0
07:30	Health	Family	Family	Travel	Family	Family	Family	Rest	Rest	Family	Rest	Rest	Rest	Rest	Day Job	9.5	10.5
08:00	Family	Family	Travel	Travel	Family	Family	Family	Rest	Family	Family	Rest	Rest	Rest	Rest	Volunteering	12	16
08:30	Family	Day Job	Travel	Day Job	Day Job	Family	Day Job	Family	Health	Family	Rest	Rest	Rest	Rest	Other	7	4.5
09:00	Day Job	Day Job	Day Job	Day Job	Day Job	Family	Production	Production	Day Job	Day Job	Other	Rest	Health	Rest	Wasted!	0	0
09:30	Day Job	Day Job	Day Job	Day Job	Production	Family	Production	Marketing	Other	Other	Social	Rest	Other	Rest			
10:00	Admin	Admin	Day Job	Day Job	Production	Day Job	Production	Day Job	Admin	Admin	Social	Rest	Social	Social		168	168
10:30	Other	Other	Day Job	Day Job	Production	Marketing	Production	Family	Admin	Admin	Rest	Rest	Social	Social			
11:00	Production	Production	Day Job	Day Job	Production	Admin	Production	Production	Travel	Day Job	Social	Family	Social	Social			
11:30	Production	Production	Day Job	Day Job	Production	Day Job	Production	Production	Travel	Travel	Social	Social	Social	Social			
12:00	Production	Production	Day Job	Day Job	Production	Day Job	Production	Production	Travel	Travel	Social	Social	Social	Social			
12:30	Production	Production	Day Job	Travel	Production	Family	Production	Production	Social	Travel	Social	Social	Travel	Travel			
13:00	Production	Production	Travel	Travel	Other	Family	Other	Admin	Social	Travel	Social	Social	Travel	Travel			
13:30	Production	Production	Travel	Family	Production	Family	Production	Admin	Social	Social	Social	Social	Travel	Travel			
14:00	Production	Production	Writing	Day Job	Production	Family	Production	Rest	Social	Volunteering	Social	Social	Family	Travel			
14:30	Other	Production	Writing	Rest	Production	Family	Production	Rest	Social	Volunteering	Social	Social	Family	Family			
15:00	Production	Rest	Writing	Rest	Production	Family	Production	Rest	Other	Volunteering	Social	Social	Family	Family			
15:30	Production	Production	Production	Family	Production	Family	Production	Other	Volunteering	Volunteering	Social	Social	Family	Family			
16:00	Day Job	Production	Family	Day Job	Admin	Family	Other	Other	Volunteering	Volunteering	Social	Social	Family	Family			
16:30	Day Job	Production	Family	Day Job	Family	Production	Other	Other	Volunteering	Volunteering	Social	Social	Travel	Family			
17:00	Other	Production	Family	Other	Day Job	Production	Other	Other	Volunteering	Volunteering	Social	Social	Admin	Travel			
17:30	Family	Family	Day Job	Other	Day Job	Production	Other	Family	Volunteering	Volunteering	Social	Social	Marketing	Family			
18:00	Family	Day Job	Family	Family	Family	Production	Travel	Family	Volunteering	Volunteering	Social	Volunteering	Other	Family			
18:30	Family	Other	Admin	Family	Family	Production	Admin	Family	Volunteering	Volunteering	Social	Volunteering	Family	Family			
19:00	Family	Rest	Rest	Family	Family	Marketing	Admin	Marketing	Volunteering	Volunteering	Volunteering	Volunteering	Family	Family			
19:30	Family	Rest	Rest	Family	Family	Marketing	Rest	Marketing	Volunteering	Volunteering	Volunteering	Volunteering	Family	Family			
20:00	Rest	Rest	Rest	Rest	Rest	Marketing	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
20:30	Rest	Rest	Rest	Rest	Rest	Marketing	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
21:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
21:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
22:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
22:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Volunteering	Volunteering	Volunteering	Volunteering	Rest	Rest			
23:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Volunteering	Volunteering	Rest	Volunteering	Rest	Rest			
23:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Volunteering	Rest	Volunteering	Rest	Rest			