

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	1.5	1.5
01:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Writing	0	0
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	13.5	3.5
02:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Admin	5.5	9
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	1.5	1
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	3
05:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	89	96
06:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Social	1.5	0
06:30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Family	19.5	21.5
07:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Health	4.5	0
07:30	Rest	Rest	Rest	Rest	Rest	Family	Family	Rest	Rest	Family	Rest	Rest	Rest	Rest	Day Job	14	29
08:00	Rest	Rest	Family	Rest	Health	Family	Health	Family	Family	Admin	Rest	Rest	Rest	Rest	Volunteering	1.5	2.5
08:30	Health	Rest	Health	Rest	Travel	Travel	Travel	Family	Travel	Day Job	Rest	Rest	Rest	Rest	Other	3	1
09:00	Family	Family	Admin	Family	Day Job	Day Job	Day Job	Day Job	Day Job	Day Job	Health	Rest	Health	Admin	Wasted!	0	0
09:30	Marketing	Marketing	Rehearsal	Marketing	Day Job	Day Job	Day Job	Day Job	Rehearsal	Day Job	Family	Rest	Family	Rest			
10:00	Admin	Admin	Rehearsal	Family	Day Job	Day Job	Day Job	Day Job	Rehearsal	Family	Family	Rest	Family	Rehearsal		168	168
10:30	Admin	Admin	Rehearsal	Family	Day Job	Day Job	Day Job	Day Job	Production	Family	Family	Family	Rehearsal	Family			
11:00	Rehearsal	Admin	Rehearsal	Day Job	Day Job	Day Job	Day Job	Day Job	Production	Rest	Family	Day Job	Rehearsal	Travel			
11:30	Rehearsal	Admin	Rehearsal	Day Job	Day Job	Day Job	Day Job	Day Job	Production	Rest	Family	Day Job	Travel	Family			
12:00	Rehearsal	Rehearsal	Rehearsal	Day Job	Day Job	Day Job	Day Job	Day Job	Production	Day Job	Family	Day Job	Family	Family			
12:30	Rehearsal	Rehearsal	Admin	Day Job	Day Job	Day Job	Travel	Day Job	Production	Day Job	Family	Rehearsal	Family	Volunteering			
13:00	Rehearsal	Other	Rest	Admin	Day Job	Day Job	Rehearsal	Travel	Production	Day Job	Rehearsal	Family	Family	Volunteering			
13:30	Family	Other	Production	Admin	Travel	Day Job	Rehearsal	Day Job	Production	Day Job	Rehearsal	Day Job	Family	Volunteering			
14:00	Travel	Day Job	Production	Admin	Other	Travel	Rehearsal	Rest	Rest	Day Job	Rehearsal	Day Job	Volunteering	Volunteering			
14:30	Day Job	Day Job	Production	Day Job	Other	Family	Rehearsal	Admin	Rest	Day Job	Rehearsal	Day Job	Gigging	Gigging			
15:00	Day Job	Travel	Production	Day Job	Other	Rest	Rehearsal	Rest	Rehearsal	Rest	Production	Day Job	Gigging	Gigging			
15:30	Day Job	Day Job	Production	Rehearsal	Other	Family	Travel	Rest	Rehearsal	Rest	Production	Day Job	Gigging	Gigging			
16:00	Day Job	Admin	Day Job	Rehearsal	Other	Family	Family	Day Job	Rehearsal	Day Job	Production	Family	Volunteering	Volunteering			
16:30	Day Job	Day Job	Day Job	Rehearsal	Other	Family	Family	Day Job	Admin	Day Job	Production	Family	Volunteering	Family			
17:00	Day Job	Day Job	Family	Rest	Family	Admin	Marketing	Admin	Admin	Family	Marketing	Day Job	Travel	Family			
17:30	Day Job	Day Job	Family	Rest	Family	Admin	Family	Admin	Family	Family	Family	Day Job	Family	Family			
18:00	Day Job	Day Job	Family	Rest	Admin	Admin	Family	Admin	Family	Family	Family	Day Job	Family	Family			
18:30	Day Job	Day Job	Admin	Rest	Social	Family	Admin	Admin	Family	Family	Family	Day Job	Family	Family			
19:00	Travel	Travel	Rest	Rest	Social	Family	Admin	Rest	Family	Family	Rest	Rest	Family	Family			
19:30	Admin	Rest	Rest	Rest	Social	Family	Rest	Rest	Health	Rest	Rest	Rest	Family	Rest			
20:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Health	Rest	Rest	Rest	Rest	Rest			
20:30	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Health	Rest	Rest	Rest	Rest	Rest			
21:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			
21:30	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest			
22:00	Rest	Rest	Rest	Rest	Rest	Family	Rest	Rest	Rest	Rest	Rest	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			