



Map of your experience

Date	Map of example day	Map of your day
7:00-7:30	Ablutions and getting dressed	
7:30-8:00	Breakfast	
8.00-8.30	Hang up laundry and sort clothes	
8.30-9.00	Drive to work	
9.00-9.30	Hot drink and 'arrive' at work	
9.30-10.00	Easy activity	
10.00-10.30	Moderate activity	
10.30-11.00	Moderate activity	
11.00-11.30	Meditation / Stretching / Mindfulness	
11.30-12.00	Moderate activity	
12.00-12.30	Moderate activity	
12.30-13.00	Lunch preparation	
13.00-13.30	Lunch	
13.30-14.00	Moderate activity	
14.00-14.30	Moderate activity	
14.30-15.00	Restful listening	
15.00-15.30	Demanding activity	
15.30-16.00	Demanding activity	
16.00-16.30	Restful reading	
16.30-17.00	Moderate activity	
17.00-17.30	Ring parents / kids / friend	
17.30-18.00	Drive to food shop	
18.00-18.30	Shopping	
18.30-19.00	Drive home	
19.00-19.30	Unpack shopping - prep supper	
19.30-20.00	Supper	
20.00-20.30	Clearing up and tidying house	
20.30-21.00	TV / Reading / Social activity	
21.00-21.30	TV / Reading / Social activity	
21.30-22.00	Bed preparation	
22.00-22.30	Entering sleep	

This is your 'observational study'. This is all about data gathering and mapping the reality of your day.

Avoid editing in or out activities that you wish you hadn't done or feel you should have done.

This map is for your benefit. If it's not accurate, it won't show you the way forward.

