

Table 13.1: Time log

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
7-8 a.m.							
8-9							
9-10							
10-11							
11-12							
12-1 p.m.							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-6 a.m.							
Daily stress rating 0-10							