



Guilt Free Play and time scheduler

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1 pm							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1 am							
1-2							
2-3							
3-4							
4-5							
5-6							
Work							
Sub-total							
Total							

Project: _____ Week of: _____



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Notes

Rules of the game: Schedule ONLY non-work activities. Fill in time spend on work projects ONLY after you have spent 30 minutes working on it. – aim for 30minutes of unerupted work and reward yourself after each work period. At the end of the week – focus on what you did accomplish. Leave atleast 1 day a week for NO-Work. Before going to a recreational activity – work for 30 munites.

Project: _____ **Week of:** _____