

Name

Channels

My working place this week



Seven empty square boxes for input.

I feel

My usual working hours

A horizontal scale from 4 to 24 with tick marks.

My priorities

A horizontal scale from 'private' to 'business' with a tick mark.

My capacity to perform

A horizontal scale from 'low' to 'high' with a tick mark.

My stress level

A horizontal scale from 'low' to 'high' with a tick mark.

My need for time