

Instructions: Spend one day filling in the table below using your normal waking hours to identify actions that may trigger your hidden routines.

Current activity is what you are doing right now. *Preceding activity* is what triggered your current activity. *Following activity* is your best guess at what you'll do after finishing your current activity. Put a checkmark in the final column if your *following activity* guess was correct.

Time	Current Activity	Preceding Activity	Following Activity	✓
9:00	<i>Clearing email</i>	<i>Organizing Office</i>	<i>Team meeting</i>	
6:00				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				