

Evaluation worksheet

How I felt at these times:

06:00 _____

08:00 _____

10:00 _____

12:00 _____

14:00 _____

16:00 _____

18:00 _____

20:00 _____

22:00 _____

00:00 _____

Most alert time: _____

Least alert time: _____

Most creative time: _____

Least creative time: _____

Other important times:

My biggest achievements:

1.

2.

3.

This worked well

Because

This didn't work well

Because

Ideas box