Pilot Fire Time Sheet

For whole week, or at least the time you are awake one day, consistently log every activity you do. In the Time column note the exact time your attention shifts or you notice a change in your mood or energy. Energy Notes include how you feel: fatigued, enthusiastic, angry, distracted, even-keeled, etc. Note the primary Role you are playing and when that changes, and log all of your activities including preparing for bed, goofing off, washing dishes, and daydreaming. In the last column total the hours you spend for the activity. For more information and examples visit http://pilotfire.com/timesheet/

Date	Time	Hours	Energy Note	Role	Activity