About your time

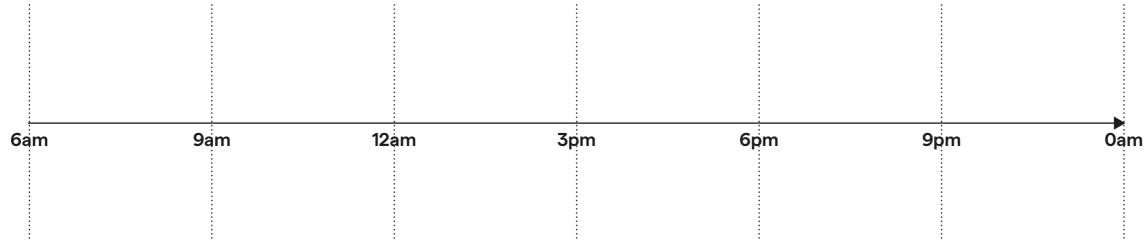
This tool is designed to help your interviewer get a picture of you and your life by understanding how you spend your time.

Your name:

What are the typical high and low points in your week? Why? Describe on the week diagram below

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							•
Morning							
2							
Evening							
Eve							

What are the typical high and low points in your week? Why? Describe on the week diagram above



What do you do to relax?

e.g. types of holiday, places you go, activities you do etc