## About your time

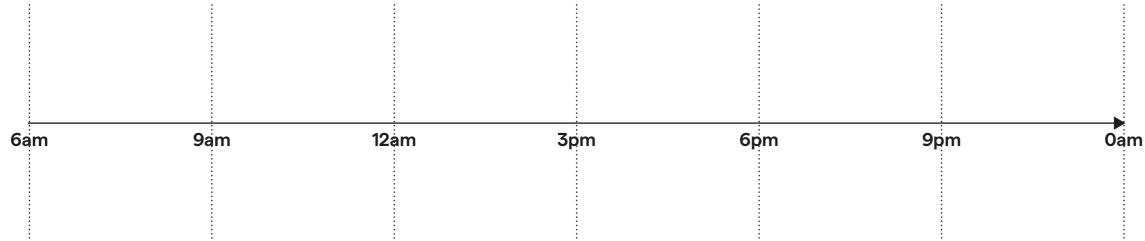
This tool is designed to help your interviewer get a picture of you and your life by understanding how you spend your time.

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