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FEELING LIKE YOU'RE NOT BEING VERY PRODUCTIVE RIGHT NOW? WELL THIS HANDY DOCUMENT IS JUST THE THING YOU NEED TO GET GOING AGAIN! FILL IT OUT EVERY WEEK TO EVALUATE YOUR PRODUCTIVITY AND SEE WHERE YOU CAN IMPROVE WEEK ON WEEK!

Week starting:	
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DAY	POOR	OK	GOOD	GREAT	MAIN REASON
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

IT IS IMPORTANT TO TRACK YOUR PRODUCTIVITY AND IDENTIFY REASONS WHY YOU MAY BE MORE OR LESS PRODUCTIVE ON ANY GIVEN DAY. USE THE BELOW TO CAPTURE THE THEMES AND NOTE WAYS TO IMPROVE.

POOR	
Reasons why?	Ways to improve?

GOOD	
Reasons why?	Ways to improve?

OK	
Reasons why?	Ways to improve?

GREAT	
Reasons why?	Ways to improve?

