

## Daily Schedule stress & burn-out

Day \_\_\_\_\_

Date \_\_\_\_\_

06:00	
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
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15:00	
16:00	
17:00	
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19:00	
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21:00	
22:00	
23:00	
24:00	