

# finding grey time

	MY TIMEFRAMES	DEVICE	ACTIVITIES
80min	6:00 ~ 7:20am - Train	Laptop Phone	<input type="checkbox"/> Plan out the finer details with my todo list <input type="checkbox"/> Working on my personal creative projects (Adobe Illustrator, Procreate, Photoshop)
20min	7:30 ~ 7:50am - Bus	Phone Laptop	<input type="checkbox"/> Read emails, reply to messages and other life admin tasks <input type="checkbox"/> Journal in my Google Keep, edit future blog posts
8:00am - 4:00pm			
20min	4:15 ~ 4:35pm - Bus	Phone Laptop	<input type="checkbox"/> Cont. journalling on Keep
30min	5:00 ~ 6:15pm - Gym	Phone	<input type="checkbox"/> I take about 20-30min on the treadmill, I will continue to Journal - resetting my mind
80min	6:30 ~ 8:00pm - Train	Laptop Phone	<input type="checkbox"/> Finish of items on my to do list <input type="checkbox"/> Cont. Working on my personal creative projects
8:00 - 10:00pm			

Note: In this example it is my own personal notes to contextualise the values. It is not a recommendation.