How to use it:

1. Look at the "Interruption curve" section and tick the percentage of interruptions you experience. (e.g. tick the cell below 80% if you experience a lot of interruptions on Sundays or tick the cell below 20% if you experience little interruptions on Sundays) Once you reach Saturday, connect your ticks with a line – this is your interruption curve.
2. Look at the "Performance curve" section and tick your level of performance for each day. (e.g. tick 20% if your performance is low on Sundays or 80% if your performance is good on Sundays) Once you reach Saturday, connect your ticks with a line – this is your performance curve.
3. Keep the tables with you for a week and check whether your crosses are set correct.

Daily Curve:

Time	Interruption curve					Performance curve				
	little				a lot	low				high
	20%	40%	60%	80%	100%	20%	40%	60%	80%	100%
06:00										
07:00										
08:00										
09:00										
10:00										
11:00										
12:00										
13:00										
14:00										
15:00										
16:00										
17:00										
18:00										
19:00										
20:00										
21:00										
22:00										
23:00										

Weekly Curve

DAY	Interruption curve					Performance curve				
	little				a lot	low				high
	20%	40%	60%	80%	100%	20%	40%	60%	80%	100%
Sun										
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										