



MINI WORKLOAD DIARY

friday date: / /

standard OT/extra FOR EXTRA HRS I WILL RECEIVE OT TOIL PT+ NOTHING

extra notes (saturday / sunday) date: / /

standard OT/extra FOR EXTRA HRS I WILL RECEIVE OT TOIL PT+ NOTHING

HOW DO YOU FEEL?

productivity stress physical health mental health work quality motivation

3 DONE! FOLD OUT 4 FOLD OPEN

Thursday Wednesday Tuesday Monday (reverse side)

2 FOLD L-R



SIDE B

monday DD / MM / YY

standard OT/extra FOR EXTRA HRS I WILL RECEIVE OT TOIL PT+ NOTHING

effects of work overload/comments

tuesday / /

standard OT/extra FOR EXTRA HRS I WILL RECEIVE OT TOIL PT+ NOTHING

Friday Thursday Wednesday Monday (reverse side)

5 FOLD UP