Rest With Edges

Rest with a start, an end and a list of what it includes is rest.
Rest without edges slides into scrolling, and the guilt arrives on time.

Start time:

End time:

What it includes (tea, a walk, a book, nothing):

What it leaves out (phone, inbox, planning):

Where I will be:

Afterwards: did the rest end on time? Yes [ ] No [ ]

If it ran over, what filled the extra time?

Sources: Bhagavad Gita 6.16 and 6.17 (moderation in sleep, work and recreation). An original Seasonal Friend page.