

Time Tracking

Use this table to track your use of time over the weekdays. You can put more than one activity in each time segment.

	Monday	Tuesday	Wednesday	Thursday	Friday
6am - 8am					
8am - 10am					
10am - 12nn					
12nn- 2pm					
2pm - 4pm					
4pm - 6pm					
6pm - 8pm					
8pm - 10pm					
10pm-12mn					
12mn - 2am					

Make sure you've indicated when you have your meals and when time is spent on travel, rest, and self-care (brushing teeth, showering, etc).

Use this table to track your use of time over the weekends. You can put more than one activity in each time segment.

	Saturday	Sunday
6am - 8am		
8am - 10am		
10am - 12nn		
12nn- 2pm		
2pm - 4pm		
4pm - 6pm		
6pm - 8pm		
8pm - 10pm		
10pm-12mn		
12mn - 2am		

Questions

<p>What missing activities did you want to include in your week but didn't?</p>	<p>What activities (besides sleep) did you spend a lot of time on and can you reduce them?</p>
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