

Unsure of where all your time is going? Track it for 7 days to visually see how you spend your precious minutes.

Date _____

6:00a		3:00p	
15		15	
30		30	
45		45	
7:00a		4:00p	
15		15	
30		30	
45		45	
8:00a		5:00p	
15		15	
30		30	
45		45	
9:00a		6:00p	
15		15	
30		30	
45		45	
10:00a		7:00p	
15		15	
30		30	
45		45	
11:00a		8:00p	
15		15	
30		30	
45		45	
12:00p		9:00p	
15		15	
30		30	
45		45	
1:00p		10:00p	
15		15	
30		30	
45		45	
2:00p		11:00p	
15		15	
30		30	
45		45	