



# Time Tracking

**Date:**

5 \_\_\_\_\_  
5:30 \_\_\_\_\_  
6 \_\_\_\_\_  
6:30 \_\_\_\_\_  
7 \_\_\_\_\_  
7:30 \_\_\_\_\_  
8 \_\_\_\_\_  
8:30 \_\_\_\_\_  
9 \_\_\_\_\_  
9:30 \_\_\_\_\_  
10 \_\_\_\_\_  
10:30 \_\_\_\_\_  
11 \_\_\_\_\_  
11:30 \_\_\_\_\_  
noon \_\_\_\_\_  
12:30 \_\_\_\_\_

**NOTES:**

1 \_\_\_\_\_  
1:30 \_\_\_\_\_  
2 \_\_\_\_\_  
2:30 \_\_\_\_\_  
3 \_\_\_\_\_  
3:30 \_\_\_\_\_  
4 \_\_\_\_\_  
4:30 \_\_\_\_\_  
5 \_\_\_\_\_  
5:30 \_\_\_\_\_  
6 \_\_\_\_\_  
6:30 \_\_\_\_\_  
7 \_\_\_\_\_  
7:30 \_\_\_\_\_  
8 \_\_\_\_\_  
8:30 \_\_\_\_\_  
9 \_\_\_\_\_  
9:30 \_\_\_\_\_  
10 \_\_\_\_\_  
10:30 \_\_\_\_\_

**Goal** — to SEE where you're spending your time.

Directions: Fill in as best as you can. Take a picture and text to me each night (724.453.4557).

