

Where is Your Time Going Now?

Where do you currently spend your time? Can I ask you to fill out the table below and please include - your sleep, eating, driving, work, recreation, grocery shopping - everything that you do in a week. To make it easier, you may even want to colour code your table. For example - all of the sleep is green; your work hours are blue etc.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12noon							
1pm							
2pm							
3pm							

Worksheet - Time Audit: Where is Your Time Going Now?

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12pm							
1am							
2am							
3am							
4am							