

Time Log

DATE: _____ DAY OF WEEK: _____

TIME	ACTIVITY	OBSERVATIONS	TIME	ACTIVITY	OBSERVATIONS
6:00 AM			3:00 PM		
:15			:15		
:30			:30		
:45			:45		
7:00 AM			4:00 PM		
:15			:15		
:30			:30		
:45			:45		
8:00 AM			5:00 PM		
:15			:15		
:30			:30		
:45			:45		
9:00 AM			6:00 PM		
:15			:15		
:30			:30		
:45			:45		
10:00 AM			7:00 PM		
:15			:15		
:30			:30		
:45			:45		
11:00 AM			8:00 PM		
:15			:15		
:30			:30		
:45			:45		
12:00 PM		9:00 PM			
:15		:15			
:30		:30			
:45		:45			
1:00 PM		10:00 PM			
:15		:15			
:30		:30			
:45		:45			
2:00 PM					
:15					
:30					
:45					

Use this sheet to track how you spend your time. Record seven consecutive days, also making note your corresponding energy levels and moods.