

Time Tracker

Day: _____



	Work	Commute	Exercise	Meals	Sleep	Screen	Social Media	Chores	Family	Fun stuff	
6:00am											6:00am
6:30am											6:30am
7:00am											7:00am
7:30am											7:30am
8:00am											8:00am
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9:00pm											9:00pm
9:30pm											9:30pm
10:00pm											10:00pm
10:30pm											10:30pm

Don't forget to take a snap and send your results to life@abc.net.au or share with #takebackyourlife

Print this out and mark up how you spend your time.

Time Tracker

Day:



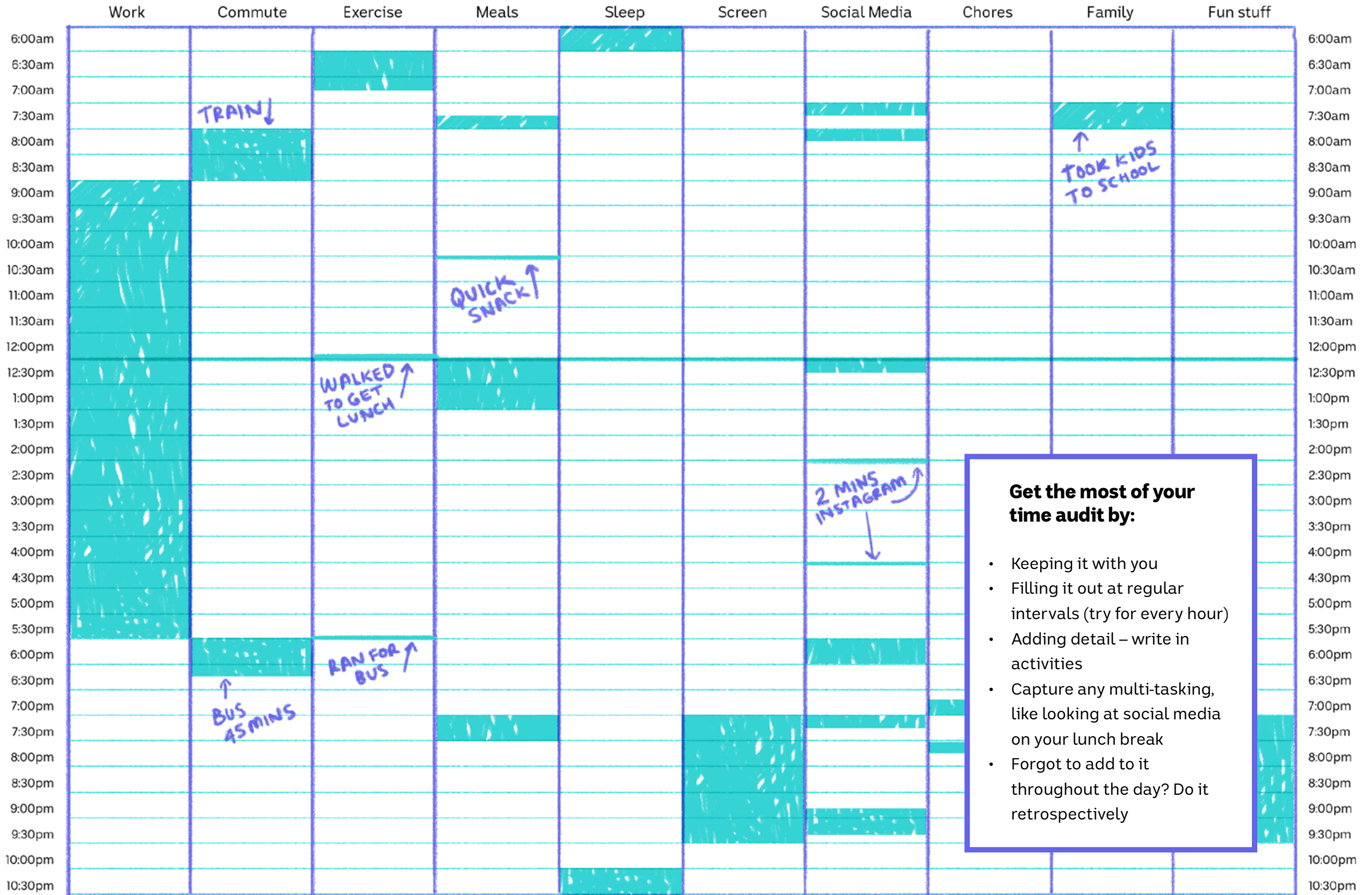
Fill in this page if you're awake during the early/late hours!

	Work	Commute	Exercise	Meals	Sleep	Screen	Social Media	Chores	Family	Fun stuff	
11:00pm											11:00pm
11:30pm											11:30pm
12:00am											12:00am
12:30am											12:30am
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2:00am											2:00am
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3:00am											3:00am
3:30am											3:30am
4:00am											4:00am
4:30am											4:30am
5:00am											5:00am
5:30am											5:30am

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SAMPLE



Get the most of your time audit by:

- Keeping it with you
- Filling it out at regular intervals (try for every hour)
- Adding detail – write in activities
- Capture any multi-tasking, like looking at social media on your lunch break
- Forgot to add to it throughout the day? Do it retrospectively