

TIME TRACKER ASSESSMENT- 3 DAY CHALLENGE!

Instruction: Set aside 15 minutes each Day. Write down the 3 to 5 Major things or areas you spend your time on each day for 3 days. Take this 3 Day Challenge to identify where you are spending most of your time. Having discovered where or what do you spend your time on, How will you re-focus your time and effort to achieve your goals?

DAY 1 - MORNING	DAY 1 - AFTERNOON
0. E.g. I spent 1 hour talking to Jaime about next month's trip	0. E.g. I spend 2 hours on Facebook scrolling
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
DAY 2 - MORNING	DAY 2 - AFTERNOON
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
DAY 3 - MORNING	DAY 3 AFTERNOON
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____