



# My Daily Activities Time Tracker

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Here is a worksheet to track your daily activities, the more specific you are the more you will understand where your time goes

	15 minutes	15 minutes	15 minutes	15 minutes
Example:	Computer - checking emails, facebook, social media		TV - Watched News	

	15 minutes	15 minutes	15 minutes	15 minutes
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM				
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM				
2:00 PM				
3:00 PM				
4:00 PM				
5:00 PM				
6:00 PM				
7:00 PM				
8:00 PM				
9:00 PM				
10:00 PM				
11:00 PM				
12:00 AM				