**Time Management Log**

DATE:

|  |  |  |  |
| --- | --- | --- | --- |
| **Time of Day** | **What did you do?** | **Was it a good use of time?** | **Notes** |
| **6-7am** |  |  |  |
| **7-8am** |  |  |  |
| **8-9am** |  |  |  |
| **9-10am** |  |  |  |
| **10-11am** |  |  |  |
| **11-12am** |  |  |  |
| **12-1pm** |  |  |  |
| **1-2pm** |  |  |  |
| **2-3pm** |  |  |  |
| **3-4pm** |  |  |  |
| **4-5pm** |  |  |  |
| **5-6pm** |  |  |  |
| **6-7pm** |  |  |  |
| **7-8pm** |  |  |  |
| **8-9pm** |  |  |  |
| **9-10pm** |  |  |  |
| **10-11pm** |  |  |  |
| **11pm-12am** |  |  |  |
| **12-1am** |  |  |  |
| **1-2am** |  |  |  |