

Homework: Where does all that time go?

Complete the following for the next week, writing down the primary activity you engaged in for each 30 minute period. When it is all complete, look over it marking the time that was well spent for that time slot. Reflect on what times of each day require greater orderliness.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
06H00							
06H30							
07H00							
07H30							
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