

# THE TIME ANALYZER



Week of: \_\_\_\_\_

5:00am	1:30pm
5:30am	2:00pm
6:00am	2:30pm
6:30am	3:00pm
7:00am	3:30pm
7:30am	4:00pm
8:00am	4:30pm
8:30am	5:00pm
9:00am	5:30pm
9:30am	6:00pm
10:00am	6:30pm
10:30am	7:00pm
11:00am	7:30pm
11:30am	8:00pm
12:00pm	8:30pm
12:30pm	9:00pm
1:00pm	9:30pm

<input data-bbox="363 1566 460 1663" type="text" value="%"/>	<input data-bbox="508 1566 605 1663" type="text" value="%"/>	<input data-bbox="652 1566 749 1663" type="text" value="%"/>	<input data-bbox="797 1566 894 1663" type="text" value="%"/>	<input data-bbox="942 1566 1039 1663" type="text" value="%"/>	<input data-bbox="1087 1566 1184 1663" type="text" value="%"/>
Work	Family	Hobby	Passion	Community	Me

**PURPOSE OF THIS TOOL:** Use this form to track your time throughout a day. Then use the boxes on the bottom to fill out the percentages of time spent on each activity. This is a visual representation of how you use your time and will help you decide what changes need to be made.

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