

The 168 TIME TRACKER

My BEST Weekly Routine!

Name: _____ Age: _____ Date: _____

Your Current Roles(s) in Life: _____

Your Favorite Personal Time Activities: _____

(1) = ___ hrs. (3) = ___ hr. (5) = ___ hrs.

(2) = ___ hrs. (4) = ___ hr. (6) = ___ hrs.

* Choose 6 areas to track your main weekly activities and plan where you want your time to go.

	MON	TUES	WED	THUR	FRI	SAT	SUN
TODAY'S FOCUS							
5:00				SLEEP			
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
NOON							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Midnight				SLEEP			
1 a.m.							

Things I'd Like to Change in My Week:

- 1 _____ 4 _____
- 2 _____ 5 _____
- 3 _____ 6 _____