# TIME TRACKING CHALLENGE

**ARE YOU MAKING THE MOST OF YOUR TIME?** Use this tracker to list out everything you do for two weeks. It may seem tedious, but you'll quickly start to notice patterns and identify hobbies or tasks that are taking up too much of your time. From there, you can make some adjustments and clear the way for more dreaming!

| | 6:00 am | 6:30 am | 7:00 am | 7:30 am | 8:00 am | 8:30 am | 9:00 am | 9:30 am | 10:00 am | 10:30 am | 11:00 am | 11:30 am | 12:00 pm | 12:30 pm | 1:00 pm | 1:30 pm | 2:00 pm | 2:30 pm | 3:00 pm | 3:30 pm | 4:00 pm | 4:30 pm | 5:00 pm | 5:30 pm | 6:00 pm | 6:30 pm | 7:00 pm | 7:30 pm | 8:00 pm | 8:30 pm | 9:00 pm | 9:30 pm | 10:00 pm | 10:30 pm | 11:00 pm | 11:30 pm | 12:00 am | 12:30 am | 1:00 am | 1:30 am | 2:00 am | 2:30 am | 3:00 am | 3:30 am | 4:00 am | 4:30 am | 5:00 am | 5:30 am |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SUNDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MONDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUESDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| THURSDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SATURDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUNDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MONDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUESDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| THURSDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SATURDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

List daily activities.

Choose a color for each activity, then color in the squares above.

| | | | |
|---|---|---|---|
| ☐ SLEEP | ☐ | ☐ | |
| ☐ WORK | ☐ | ☐ | |
| ☐ COMMUTE | ☐ | ☐ | |
| ☐ TV | ☐ | ☐ | |

## LET'S MAKE A GOAL

List 1-2 things you could change to make more time for dreaming. And get started today!

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