

Time Tracking - Last Week

Hours Spent - by category	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL HOURS	Rank Order
Working (revenue generating)									
Commuting									
Sleeping									
Quality time with children									
Quality time with partner									
Quality time with friends									
Doing chores									
Hygiene									
Exercising									
Spiritual practice/observance									
Being Creative									
Watching tv									
Email									
Social media (Facebook etc.)									
Meetings									
Playing									
Recharging									