



TIME MAP INSTRUCTIONS

How to use the Time Map Chart

This is an exercise in discovery and understanding of how time passes and how you utilize that time. You might be surprised to learn where you spend your time.

Oftentimes, we miscalculate how long it takes to perform a task, walk to a location, do homework, play a game, pay bills, check social media, eat a meal and more.

Fill in each block with the activity you perform.

Be diligent about keeping up with the chart for one week.

The goal is to recognize unproductive or wasteful pockets of time and motivate you towards a positive change.



ORGANIZATION LANE





TIME MAP CHART

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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Getting you on the Road to Productivity!



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