



Time Audit Template

Use this space to audit your day and find windows of opportunity for mindset work.

TIME	ACTIVITY
6:00 AM	
6:15 AM	
6:30 AM	
6:45 AM	
7:00 AM	
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	



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TIME	ACTIVITY
12:00 PM	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	
3:30 PM	
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	



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6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	
11:15 PM	
11:30 PM	
11:45 PM	