

Josh Bulloc's Time Study

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Date:

Start	End	Activities	Start	End	Activities
6:00	6:15		14:00	14:15	
6:15	6:30		14:15	14:30	
6:30	6:45		14:30	14:45	
6:45	7:00		14:45	15:00	
7:00	7:15		15:00	15:15	
7:15	7:30		15:15	15:30	
7:30	7:45		15:30	15:45	
7:45	8:00		15:45	16:00	
8:00	8:15		16:00	16:15	
8:15	8:30		16:15	16:30	
8:30	8:45		16:30	16:45	
8:45	9:00		16:45	17:00	
9:00	9:15		17:00	17:15	
9:15	9:30		17:15	17:30	
9:30	9:45		17:30	17:45	
9:45	10:00		17:45	18:00	
10:00	10:15		18:00	18:15	
10:15	10:30		18:15	18:30	
10:30	10:45		18:30	18:45	
10:45	11:00		18:45	19:00	
11:00	11:15		19:00	19:15	
11:15	11:30		19:15	19:30	
11:30	11:45		19:30	19:45	
11:45	12:00		19:45	20:00	
12:00	12:15		20:00	20:15	
12:15	12:30		20:15	20:30	
12:30	12:45		20:30	20:45	
12:45	13:00		20:45	21:00	
13:00	13:15		21:00	21:15	
13:15	13:30		21:15	21:30	
13:30	13:45		21:30	21:45	
13:45	14:00		21:45	22:00	

Instructions: Take this with you. Every 15 minutes write down what you spent that time doing. At the end of the day review where you spent your time. Where did you waste time, where did you spend time doing meaningless things? Now you need to stop doing those things to help you reach your goals.