

# 24-HOUR TIME LOG

STAY PRODUCTIVE

Track what you're doing throughout the day to learn more about how you use time and to discover what times of day you're more or less productive.

TIME	ACTIVITY	TIME	ACTIVITY
12:00 AM		12:00 PM	
12:30 AM		12:30 PM	
1:00 AM		1:00 PM	
1:30 AM		1:30 PM	
2:00 AM		2:00 PM	
2:30 AM		2:30 PM	
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	