

My Time Audit

| Time | Activity | Notes |
|---------------|----------|-------|
| 6:00-7:00am | | |
| 7:00-8:00am | | |
| 8:00-9:00am | | |
| 9:00-10:00am | | |
| 10:00-11:00am | | |
| 11:00-12:00pm | | |
| 12:00-1:00pm | | |
| 1:00-2:00pm | | |
| 2:00-3:00pm | | |
| 3:00-4:00pm | | |
| 4:00-5:00pm | | |

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| 5:00-6:00pm | | |
| 6:00-7:00pm | | |
| 7:00-8:00pm | | |
| 8:00-9:00pm | | |
| 9:00-10:00pm | | |