



# Mindful mind balance body Makeover

## Time Log

Date: \_\_\_\_\_

Day of the Week: \_\_\_\_\_

<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>	<i>Night</i>
6:00	12:00	6:00	12:00
6:15	12:15	6:15	12:15
6:30	12:30	6:30	12:30
6:45	12:45	6:45	12:45
7:00	1:00	7:00	1:00
7:15	1:15	7:15	1:15
7:30	1:30	7:30	1:30
7:45	1:45	7:45	1:45
8:00	2:00	8:00	2:00
8:15	2:15	8:15	2:15
8:30	2:30	8:30	2:30
8:45	2:45	8:45	2:45
9:00	3:00	9:00	3:00
9:15	3:15	9:15	3:15
9:30	3:30	9:30	3:30
9:45	3:45	9:45	3:45
10:00	4:00	10:00	4:00
10:15	4:15	10:15	4:15
10:30	4:30	10:30	4:30
10:45	4:45	10:45	4:45
11:00	5:00	11:00	5:00
11:15	5:15	11:15	5:15
11:30	5:30	11:30	5:30
11:45	5:45	11:45	5:45

### *Time Totals*

Sleep \_\_\_\_\_

Me Time \_\_\_\_\_

Work \_\_\_\_\_

Exercise \_\_\_\_\_

Family Time \_\_\_\_\_

Housework \_\_\_\_\_

Internet \_\_\_\_\_

TV \_\_\_\_\_

*What would you be able to accomplish if you let go of some tasks?*