

24 Hour Time Audit	
Time	Activity
5:00 am - 5:30 am	
5:30 - 6:00	
6:00 - 6:30	
6:30 - 7:00	
7:00 - 7:30	
7:30 - 8:00	
8:00 - 8:30	
8:30 - 9:00	Class I
9:00 - 9:30	
9:30 - 10:00	
10:00 - 10:30	
10:30 - 11:00	
11:00 - 11:30	
11:30 - 12:00	
12:00 pm - 12:30 pm	
12:30 - 1:00	
1:00 - 1:30	Class II
1:30 - 2:00	
2:00 - 2:30	
2:30 - 3:00	
3:00 - 3:30	
3:30 - 4:00	
4:00 - 4:30	
4:30 - 5:00	
5:00 - 5:30	
5:30 - 6:00	
6:00 - 6:30	
6:30 - 7:00	
7:00 - 7:30	

Pick a busy day during the week and track your activities

Things to add:

- Waking up
- Eating
- Commuting
- Friends/family
- Work
- Self-care (gym)
- Study
- Social Media
- Relaxation time
- Groups/orgs