

# TIME EVALUATION WORKSHEET

WITH BILL KRAUSE



DATE: \_\_\_\_\_

BILL KRAUSE COACHING

## EVALUATION

Determine how you spend a typical 24-hour day. Enter the hours you spend on each activity.

	<b>Spiritual</b>
	<b>Studying</b>
	<b>Exercise/Sports</b>
	<b>Work/School</b>
	<b>Family Commitments</b>
	<b>Personal Care/Grooming</b>
	<b>Meal Preparation/ Eating/Clean-Up</b>
	<b>Transportation (school, work, etc.)</b>
	<b>Relaxing / TV / Video Games, etc.</b>
	<b>Socializing / Entertainment</b>
	_____
	_____



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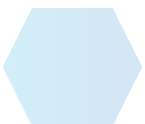
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## TO-DO LIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## CHANGES I WANT TO MAKE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



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## TIME LOGGING SHEET

6:00am \_\_\_\_\_

7:00am \_\_\_\_\_

8:00am \_\_\_\_\_

9:00am \_\_\_\_\_

10:00am \_\_\_\_\_

11:00am \_\_\_\_\_

12:00pm \_\_\_\_\_

1:00pm \_\_\_\_\_

3:00pm \_\_\_\_\_

4:00pm \_\_\_\_\_

5:00pm \_\_\_\_\_

6:00pm \_\_\_\_\_

7:00pm \_\_\_\_\_

8:00pm \_\_\_\_\_

9:00pm \_\_\_\_\_

10:00pm \_\_\_\_\_

