

# Time Tracker Worksheet



Task	Day One	Day Two	Day Three	Day Four	Day Five	Average (add all the times up and divide by 5)
<i>Example: Brush Teeth</i>	<i>5 min</i>	<i>3 min</i>	<i>3.5 min</i>	<i>2 min</i>	<i>3 min</i>	<i>(5+3+3.5+2+3) /5 = 3.3 minute</i> <b><i>the average time is 3.3 minutes</i></b>

Congratulations! You now have the average time that it takes you to complete your task! This average will now be your guide when planning your day!

p.s. Don't be too hard on yourself! This doesn't have to be completed in 5 consecutive days!