

Yes, you've got enough time!

BY OH-CONTRAIRE.COM

#1: Define your main categories

Ex: "K" for taking care of your kid

| | | | | |
|-------------------------------------|--|--|--|--|
| Ex: "K" for taking care of your kid | | | | |
| | | | | |

#2: Log your time for one whole week

Print this log - Fold it neatly and keep it on your pockets every single day - Log at least 4 times a day - Take heart, you're not alone!

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 5am | | | | | | | |
| 6am | | | | | | | |
| 7am | | | | | | | |
| 8am | | | | | | | |
| 9am | | | | | | | |
| 10am | | | | | | | |
| 11am | | | | | | | |
| 12am | | | | | | | |

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|-------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| <i>1pm</i> | | | | | | | |
| <i>2pm</i> | | | | | | | |
| <i>3pm</i> | | | | | | | |
| <i>4pm</i> | | | | | | | |
| <i>5pm</i> | | | | | | | |
| <i>6pm</i> | | | | | | | |
| <i>7pm</i> | | | | | | | |
| <i>8pm</i> | | | | | | | |
| <i>9pm</i> | | | | | | | |
| <i>10pm</i> | | | | | | | |
| <i>11pm</i> | | | | | | | |
| <i>12pm</i> | | | | | | | |
| <i>1am</i> | | | | | | | |