

CHRONOS

TIME TRACKING SHEET

EXAMPLE		
TIME	ACTIVITY	FEELING
12:00 AM	SLEEP ↓	P T T R
1:00 AM		P T T R
2:00 AM		P T T R
3:00 AM		P T T R
4:00 AM		P T T R
4:30 AM	WORK OUT/READ	P T R
5:00 AM		P T R
5:30 AM	SHOWER / BREAKFAST	P T R
6:00 AM		P T R
6:30 AM	CHECK EMAILS	P T R
7:00 AM	WAKE & FEEL BRGY	P T R
7:30 AM	DRIVE TO OFFICE	P T R
8:00 AM	DRAFT CLIENT CONTRACT	P T R
8:30 AM		P T R
9:00 AM		P T R
9:30 AM		P T R
10:00 AM	REPLIED TO CRITICAL EMAILS	P T R
10:30 AM		P T R
11:00 AM		P T R
11:30 AM	Research for XYZ case	P T R
12:00 PM		P T R
12:30 PM		P T R
1:00 PM		P T R
1:30 PM	Pick up & SORT MAIL	P T R
2:00 PM	REORGANIZE OFFICE / PAY BILLS	P T R
2:30 PM	CALL WIFE / TAKE WALK	P T R
3:00 PM	SURF INTERNET	P T R
3:30 PM	CALL w/ MENTOR ↓	P T R
4:00 PM		P T R
4:30 PM	WORK ON DRAFT IDEAS	P T R
5:00 PM	OUTLINE & SOURCE CONTENT	P T R
5:30 PM		P T R
6:00 PM	SKID OUT URGENT EMAILS ↓	P T R
6:30 PM		P T R
7:00 PM	DRIVE HOME / EAT DINNER ↓	P T R
7:30 PM	PLAY w/ KIDS	P T R
8:00 PM	WALK DOG / WATCH TV ↓	P T R
8:30 PM		P T R
9:00 PM	MENTAL / CHAT w. WIFE	P T R
9:30 PM	TV / SLEEP	P T R
10:00 PM		P T R
10:30 PM		P T R
11:00 PM		P T R
11:30 PM		P T R

MONDAY		
TIME	ACTIVITY	FEELING
12:00 AM		P T R
1:00 AM		P T R
2:00 AM		P T R
3:00 AM		P T R
4:00 AM		P T R
4:30 AM		P T R
5:00 AM		P T R
5:30 AM		P T R
6:00 AM		P T R
6:30 AM		P T R
7:00 AM		P T R
7:30 AM		P T R
8:00 AM		P T R
8:30 AM		P T R
9:00 AM		P T R
9:30 AM		P T R
10:00 AM		P T R
10:30 AM		P T R
11:00 AM		P T R
11:30 AM		P T R
12:00 PM		P T R
12:30 PM		P T R
1:00 PM		P T R
1:30 PM		P T R
2:00 PM		P T R
2:30 PM		P T R
3:00 PM		P T R
3:30 PM		P T R
4:00 PM		P T R
4:30 PM		P T R
5:00 PM		P T R
5:30 PM		P T R
6:00 PM		P T R
6:30 PM		P T R
7:00 PM		P T R
7:30 PM		P T R
8:00 PM		P T R
8:30 PM		P T R
9:00 PM		P T R
9:30 PM		P T R
10:00 PM		P T R
10:30 PM		P T R
11:00 PM		P T R
11:30 PM		P T R

TUESDAY		
TIME	ACTIVITY	FEELING
12:00 AM		P T R
1:00 AM		P T R
2:00 AM		P T R
3:00 AM		P T R
4:00 AM		P T R
4:30 AM		P T R
5:00 AM		P T R
5:30 AM		P T R
6:00 AM		P T R
6:30 AM		P T R
7:00 AM		P T R
7:30 AM		P T R
8:00 AM		P T R
8:30 AM		P T R
9:00 AM		P T R
9:30 AM		P T R
10:00 AM		P T R
10:30 AM		P T R
11:00 AM		P T R
11:30 AM		P T R
12:00 PM		P T R
12:30 PM		P T R
1:00 PM		P T R
1:30 PM		P T R
2:00 PM		P T R
2:30 PM		P T R
3:00 PM		P T R
3:30 PM		P T R
4:00 PM		P T R
4:30 PM		P T R
5:00 PM		P T R
5:30 PM		P T R
6:00 PM		P T R
6:30 PM		P T R
7:00 PM		P T R
7:30 PM		P T R
8:00 PM		P T R
8:30 PM		P T R
9:00 PM		P T R
9:30 PM		P T R
10:00 PM		P T R
10:30 PM		P T R
11:00 PM		P T R
11:30 PM		P T R

WEDNESDAY		
TIME	ACTIVITY	FEELING
12:00 AM		P T R
1:00 AM		P T R
2:00 AM		P T R
3:00 AM		P T R
4:00 AM		P T R
4:30 AM		P T R
5:00 AM		P T R
5:30 AM		P T R
6:00 AM		P T R
6:30 AM		P T R
7:00 AM		P T R
7:30 AM		P T R
8:00 AM		P T R
8:30 AM		P T R
9:00 AM		P T R
9:30 AM		P T R
10:00 AM		P T R
10:30 AM		P T R
11:00 PM		P T R
11:30 PM		P T R

KEY

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THURSDAY				
TIME	ACTIVITY	FEELING		
12:00 AM		P	T	R
1:00 AM		P	T	R
2:00 AM		P	T	R
3:00 AM		P	T	R
4:00 AM		P	T	R
4:30 AM		P	T	R
5:00 AM		P	T	R
5:30 AM		P	T	R
6:00 AM		P	T	R
6:30 AM		P	T	R
7:00 AM		P	T	R
7:30 AM		P	T	R
8:00 AM		P	T	R
8:30 AM		P	T	R
9:00 AM		P	T	R
9:30 AM		P	T	R
10:00 AM		P	T	R
10:30 AM		P	T	R
11:00 AM		P	T	R
11:30 AM		P	T	R
12:00 PM		P	T	R
12:30 PM		P	T	R
1:00 PM		P	T	R
1:30 PM		P	T	R
2:00 PM		P	T	R
2:30 PM		P	T	R
3:00 PM		P	T	R
3:30 PM		P	T	R
4:00 PM		P	T	R
4:30 PM		P	T	R
5:00 PM		P	T	R
5:30 PM		P	T	R
6:00 PM		P	T	R
6:30 PM		P	T	R
7:00 PM		P	T	R
7:30 PM		P	T	R
8:00 PM		P	T	R
8:30 PM		P	T	R
9:00 PM		P	T	R
9:30 PM		P	T	R
10:00 PM		P	T	R
10:30 PM		P	T	R
11:00 PM		P	T	R
11:30 PM		P	T	R

FRIDAY				
TIME	ACTIVITY	FEELING		
12:00 AM		P	T	R
1:00 AM		P	T	R
2:00 AM		P	T	R
3:00 AM		P	T	R
4:00 AM		P	T	R
4:30 AM		P	T	R
5:00 AM		P	T	R
5:30 AM		P	T	R
6:00 AM		P	T	R
6:30 AM		P	T	R
7:00 AM		P	T	R
7:30 AM		P	T	R
8:00 AM		P	T	R
8:30 AM		P	T	R
9:00 AM		P	T	R
9:30 AM		P	T	R
10:00 AM		P	T	R
10:30 AM		P	T	R
11:00 AM		P	T	R
11:30 AM		P	T	R
12:00 PM		P	T	R
12:30 PM		P	T	R
1:00 PM		P	T	R
1:30 PM		P	T	R
2:00 PM		P	T	R
2:30 PM		P	T	R
3:00 PM		P	T	R
3:30 PM		P	T	R
4:00 PM		P	T	R
4:30 PM		P	T	R
5:00 PM		P	T	R
5:30 PM		P	T	R
6:00 PM		P	T	R
6:30 PM		P	T	R
7:00 PM		P	T	R
7:30 PM		P	T	R
8:00 PM		P	T	R
8:30 PM		P	T	R
9:00 PM		P	T	R
9:30 PM		P	T	R
10:00 PM		P	T	R
10:30 PM		P	T	R
11:00 PM		P	T	R
11:30 PM		P	T	R

SATURDAY		
TIME	ACTIVITY	FEELING
12:00 AM		P T
1:00 AM		P T
2:00 AM		P T
3:00 AM		P T
4:00 AM		P T
4:30 AM		P T
5:00 AM		P T
5:30 AM		P T
6:00 AM		P T
6:30 AM		P T
7:00 AM		P T
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9:00 PM		P T
9:30 PM		P T
10:00 PM		P T
10:30 PM		P T
11:00 PM		P T
11:30 PM		P T

SUNDAY				
TIME	ACTIVITY			FEELING
12:00 AM				P T R
1:00 AM				P T R
2:00 AM				P T R
3:00 AM				P T R
4:00 AM				P T R
4:30 AM				P T R
5:00 AM				P T R
5:30 AM				P T R
6:00 AM				P T R
6:30 AM				P T R
7:00 AM				P T R
7:30 AM				P T R
8:00 AM				P T R
8:30 AM				P T R
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12:00 PM				P T R
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10:30 PM				P T R
11:00 PM				P T R
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