

GardenShrink Time Tracking Worksheet

Track one weekday and one weekend day. Write what you actually do—not what you intended to do. Be honest. This is your mirror.

Time Block	Activity	Category (Work, Scroll, Rest, Family, etc.)	Energy (Low/Med/High)	Notes
12:00 AM - 1:00 AM				
1:00 AM - 2:00 AM				
2:00 AM - 3:00 AM				
3:00 AM - 4:00 AM				
4:00 AM - 5:00 AM				
5:00 AM - 6:00 AM				
6:00 AM - 7:00 AM				
7:00 AM - 8:00 AM				
8:00 AM - 9:00 AM				
9:00 AM - 10:00 AM				
10:00 AM - 11:00 AM				
11:00 AM - 12:00 PM				
12:00 PM - 1:00 PM				
1:00 PM - 2:00 PM				
2:00 PM - 3:00 PM				
3:00 PM - 4:00 PM				
4:00 PM - 5:00 PM				
5:00 PM - 6:00 PM				
6:00 PM - 7:00 PM				
7:00 PM - 8:00 PM				
8:00 PM - 9:00 PM				
9:00 PM - 10:00 PM				
10:00 PM - 11:00 PM				
11:00 PM - 12:00 AM				

Reflection

Where did your time go?

What surprised you?

What would you change next week?