5-Minute Time Tracker™

Use simple notation under the Activity column to identify the activity you were doing during each 5-minute time segment. Under the P column put a mark for each time you checked your phone. See Alternate Method.

	P	Activity		P	Activity		P	Activity		P	Activity		P	Activity		P	Activity
7:30a			9:50			12:10			2:10			4:30			6:55		
7:35			9:55			12:15			2:15			4:35			7:00p		
7:40			10:00a			12:20			2:20			4:40			7:05		
7:45			10:05			12:25			2:25			4:45			7:10		
7:50			10:10			12:30			2:30			4:50			7:15		
7:55			10:15			12:35			2:35			4:55			7:20		
8:00a			10:20			12:40			2:40			5:00p			7:25		
8:05			10:25			12:45			2:45			5:05			7:30		
8:10			10:30			12:50			2:50			5:10			7:35		
8:15			10:35			12:55			2:55			5:15			7:40		
8:20			10:40			1:00p			3:00p			5:20			7:45		
8:25			10:45			1:05			3:05			5:25			7:50		
8:30			10:50			1:10			3:10			5:30			7:55		
8:35			10:55			1:15			3:15			5:35			8:00p		
8:40			11:00a			1:20			3:20			5:40			8:05		
8:45			11:05			1:25			3:25			5:45			8:10		
8:50			11:10			1:30			3:30			5:55			8:15		
8:55			11:15			1:35			3:35			6:00p			8:20		
9:00a			11:20			1:40			3:40			6:05			8:25		
9:05			11:25			1:45			3:45			6:10			8:30		
9:10			11:30			1:50			3:50			6:15			8:35		
9:15			11:35			1:55			3:55			6:20			8:40		
9:20			11:40			1:40			4:00p			6:25			8:45		
9:25			11:45			1:45			4:05			6:30			8:50		
9:30			11:50			1:50			4:10			6:35			8:55		
9:35			11:55			1:55			4:15			6:40			9:00p		
9:40			12:00p			2:00p			4:20			6:45			9:05		
9:45			12:05			2:05			4:25			6:50			9:10		

Type examples: work (W), housework (HW), social media (SM), school (S), surfing net (SN), driving (D), television (TV), meal (M), exercise (EX), hobby (H), phone (P), family time (FT), devotions (D)
Alternate method: Just keep track of the minutes you're doing one activity you feel may be disproportionate, such as *social media (SM), phone (p), work (W),* or *surfing net (SN).*