

Your time Buttoned Up.™

Ever wonder where your day goes? By keeping track of what you do in thirty-minute increments this week, we'll let you discover at least an hour every day that you could be using to do something more productive. That adds up quickly (two full weeks a year).



week of: _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	●●●	●●●	●●●	●●●	●●●	●●●	●●●
5:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
6:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
6:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
7:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
7:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
8:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
8:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
9:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
9:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
10:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
10:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
11:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
11:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
12 pm	●●●	●●●	●●●	●●●	●●●	●●●	●●●
12:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
1:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
1:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
2:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
2:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
3:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
3:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
4:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
4:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
5:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
5:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
6:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
6:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
7:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
7:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●
8:00	●●●	●●●	●●●	●●●	●●●	●●●	●●●
8:30	●●●	●●●	●●●	●●●	●●●	●●●	●●●