

Context Matters Time Tracker

www.contextmatters.work

Date: _____

M T W T F S S

Quickly write down what you do each hour

06:00 am

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07:00 am

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08:00 am

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09:00 am

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10:00 am

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11:00 am

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12:00 pm

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01:00 pm

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02:00 pm

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03:00 pm

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04:00 pm

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05:00 pm

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06:00 pm

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07:00 pm

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08:00 pm

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Keep it simple. For instance, "meeting about QEP" or
"analysis for youth study"

HUMAN-CENTERED RESEARCH
AND COACHING THAT HELPS
YOU RE-IMAGINE YOUR WORK.

cm