JOURNAL · UMUM

FREE PREVIEW



Work Time Tracker

PREVIEW

Work Time Tracker

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Work Time Tracker

1. Fill in one page a day. Use the ratings and notes to track your progress.
2. Fill one page per session; a date and a few quick notes are enough.
3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.
4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE
- DAY NO.
- FOCUS TODAY

SELF RATING

- DATE ☆☆☆☆☆
- START TIME ☆☆☆☆☆
- END TIME ☆☆☆☆☆
- TASK ☆☆☆☆☆
- TOTAL HOURS ☆☆☆☆☆

DATE

START TIME

REFLECTION

PREVIEW

- DATE .....
- DAY NO. .....
- FOCUS TODAY .....

SELF RATING

- DATE ☆☆☆☆☆
- START TIME ☆☆☆☆☆
- END TIME ☆☆☆☆☆
- TASK ☆☆☆☆☆
- TOTAL HOURS ☆☆☆☆☆

DATE

START TIME

REFLECTION

PREVIEW

Like the design?

Get the full version: every interior page, no watermark, print-ready at 6 x 9 in.

Get the full version

PREVIEW

Remaining pages are locked in the preview