# THE EMERGENT TASK TIMER

See where your time is going so you can stay focused.

Use an egg timer set to 15-minute intervals to keep track of what you seem to be doing. Each bubble represents 15 minutes. Only one bubble per column is filled; this chart shows where your time goes during the day.

TASKS | START TIME | DATE | 2010

ADDITIONAL SHEETS? ☐

MAINTAIN CONTINUITY NOTES HERE | REFER TO OTHER SHEETS AS NECESSARY



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