

Transitions Skills and Strategies

Baseline time tracker



Choose a day, then think about all the things you do in a 24-hour period. Estimate the total time you spend on each activity.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **0.00** |  | **6.00** |  | **12.00** |  | **18.00** |  |
| **0.30** |  | **6.30** |  | **12.30** |  | **18.30** |  |
| **1.00** |  | **7.00** |  | **13.00** |  | **19.00** |  |
| **1.30** |  | **7.30** |  | **13.30** |  | **19.30** |  |
| **2.00** |  | **8.00** |  | **14.00** |  | **20.00** |  |
| **2.30** |  | **8.30** |  | **14.30** |  | **20.30** |  |
| **3.00** |  | **9.00** |  | **15.00** |  | **21.00** |  |
| **3.30** |  | **9.30** |  | **15.30** |  | **21.30** |  |
| **4.00** |  | **10.00** |  | **16.00** |  | **22.00** |  |
| **4.30** |  | **10.30** |  | **16.30** |  | **22.30** |  |
| **5.00** |  | **11.00** |  | **17.00** |  | **23.00** |  |
| **5.30** |  | **11.30** |  | **17.30** |  | **23.30** |  |

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