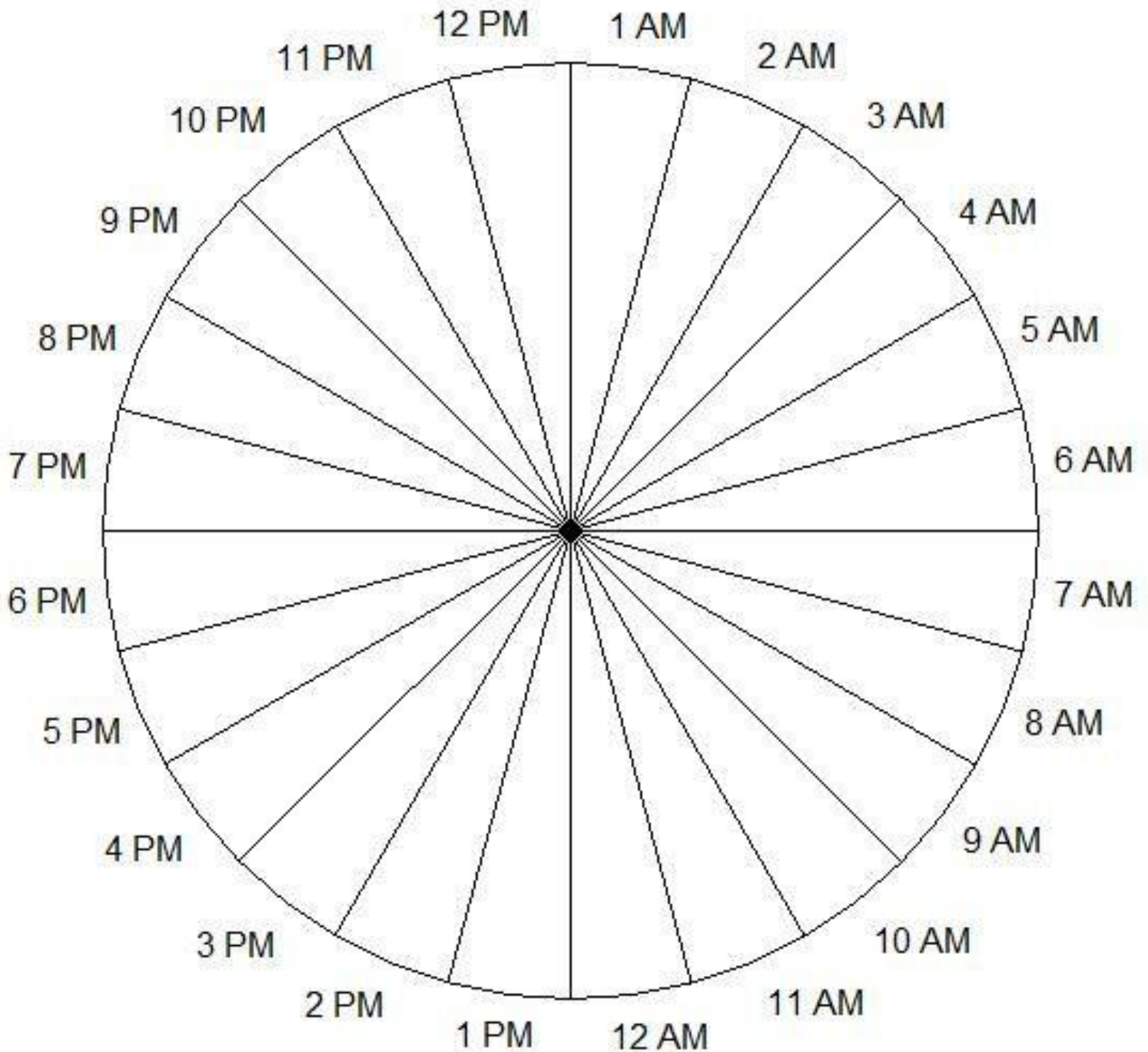


Daily Time Chart



Instructions:

1. Fill in every single space with how you currently spend your 24-hour day. Include everything, from brushing your teeth to TV time to driving...
2. Assess your time gaps. In a different colored pen, write in the spaces where you will fit your new routines to meet your health goal. No time gaps? Then you need to decide what in your current day can be moved, eliminated or changed. If you make time for your goals, they become priorities and you become successful!