

THE JAM JAR

TIME TEST

PRINTABLE
WORKBOOK

@JAMJARBC

THINGS TO REMEMBER

TRY TO WRITE
DOWN
EVERYTHING YOU
DO. THE MORE YOU
HAVE TO WORK
WITH AT THE END
OF THE WEEK -
THE MORE TIME
YOU WILL FIND.

KEEP TIME IN
HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE
NEGOTIABLES

POSITIVE
NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24
HOURS:

MONDAY DAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

Family Breakfast - 20mins
School Run - 20mins
Lunch - 10 mins
Dinner - 50 mins
Making Lunches - 15 mins
Kids baths - 40mins
Kids bedtime - 25mins

NEGATIVE NEGOTIABLES

Coffee at starbucks - 1 hour 45mins
Got to school early - 15 mins
Tidied up Joes Room because he STILL hadn't done it - 10 mins

POSITIVE NEGOTIABLES

Call with mom - 45mins
Zumba - 1 hour 20mins
Read grazia - 15 mins
Bath - 40mins

SLEEP

Bed last night at 11.30pm
Up at 6.45 am

SNooZE ON the sofa - 15 mins

Bed at 11.30pm

SCREENTIME

facebook/insta am - 15mins
facebook/insta pm - 15mins
facebook/insta bed - 10 mins

Asos browsing - 15 mins

Netflix - 2 hours
Soaps - 1 hour
News - 15 mins

TOTAL TIME SPENT

NON NEGOTIABLES 3 hours

NEGATIVE NEGOTIABLES 2 hours 10

POSITIVE NEGOTIABLES 2 hours

SLEEP 7 hours 30

SCREEN TIME 4 hours 10

TOTAL TIME/24 HOURS: 18 hours 50

NOTES:

Feeling tired.

Kids didn't eat dinner, won't cook that again.

SKint - really want that dress from asos.

where did the other 5 hours 10 minutes go????

MONDAY DAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

TUESDAY DAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

WEDNESDAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

THURSDAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

FRIDAY DAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

S A T U R D A Y T I M E A U D I T

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIE YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS:

SUNDAY TIME AUDIT

THINGS TO REMEMBER

TRY TO WRITE DOWN EVERYTHING YOU DO. THE MORE YOU HAVE TO WORK WITH AT THE END OF THE WEEK - THE MORE TIME YOU WILL FIND.

KEEP TIME IN HOURS/MINS

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREENTIME

TOTAL TIME SPENT

NOTES:

NON NEGOTIABLES

NEGATIVE NEGOTIABLES

POSITIVE NEGOTIABLES

SLEEP

SCREEN TIME

TOTAL TIME/24 HOURS: