

TIME LOG

DATE _____

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PURPOSE / PROJECT

EFFECTIVE- NESS

High
Moderate
Low

TIME

ACTIVITY

1

2

3

4

5

A

B

C

8:00 AM

8:10 AM

8:20 AM

8:30 AM

8:40 AM

8:50 AM

9:00 AM

9:10 AM

9:20 AM

9:30 AM

9:40 AM

9:50 AM

10:00 AM