



My Walking Dead Challenge for the Week of ____ / ____ / ____

	Day 1	Day 2	Day 3	Day 4	Day 5
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					
10:30 PM					
11:00 PM					

Write in what you are doing hour by hour at work. Be detailed so when you go back to analyze your work week (whether Monday – Friday or a different start day) you can determine how much time you are spending at various tasks. Need more info? Email us: Info@SayYesToSuccess.com