

Sample Time Trackers for School Counselors

- [2-WEEK Use-of-Time Calculator](#) (free) -adapted by Hatching Results with a reference guide, based on ASCA's 4th Ed. tool
- [ASCA's 1-Week Use of Time Assessment](#), 4th Ed. (free)
- [ASCA Model App for your phone](#) (free)
- [SCUTA](#) (\$)
- Dr. Heidi Truax's Google Sheets time tracker [for MONTH](#) | [for YEAR](#) (free)
- [EZAnalyze](#) (free)
- Felipe Zañartu's [DigitalCounselor](#) time tracker (free)
- Microsoft Outlook (free if the district uses Office products) - set categories for events so you can export to Excel and then calculate time
- [Hallways](#) (\$)
- [NoteCounselor](#) (\$)

List curated by Whitney Triplett (updated 2/2024)