

Audit of my typical day

Task	Amount of minutes	Time stamp
Get up		6:00 am
Get a pair of socks	1	6:00 am - 6:01
Put on jogging shorts and t shirt	1	6:01 - 6:02
Start PC	0,5	6:02:00 - 6:02:30
Open blinds	1	6:02:30 - 6:03:30
Open up door and windows for ventiation	2	6:03:30 - 6:05:30
Start TRW	0,5	6:05:30 - 6:06
Watch Daily IA	30	6:06 - 6:36
Review tasklist	1	6:36 - 6:37
Imagine myself crushing my day	1	6:37 - 6:38
Write messages in different chats	2	6:38 - 6:40
Goal writing morning	1	6:40 - 6:41
Reading purpose document	2	6:41 - 6:43
Brushing teeth, tongue scrapping, Mouthwash	10	6:43 - 6:53
Dress for work	3	6:53 - 6:56
Pack work back	2	6:56 - 6:58
Go up to dad to say good morning	5	6:58 - 7:03
Short conversation	27	7:03 - 7:30
Drive to work	30	7:30 - 8:00
Walk from parking lot to office	5	8:00 - 8:05
Work	450	8:05 - 15:35
Walk from office to parking	5	15:35 - 15:40

lot		
Drive to the gym	20	15:40 - 16:00
Walk into gym	2	16:00 - 16:02
Changing	3	16:02 - 16:05
Train	40	16:05 - 16:45
Change back	3	16:45 - 16:48
Walk to car	2	16:48 - 16:50
Drive home	10	16:50 - 17:00
Start PC	1	17:00 - 17:01
Go up and find something to eat real quick	5	17:01 - 17:06
Play with bird	10	17:06 - 17:16
Go down to PC	1	17:16 - 17:17
Open up TRW and GWS tracking sheet	3	17:17 - 17:20
Define tasks on GWS tracking sheet	4	17:20 - 17:24
Do the the first GWS	60	17:24 - 18:24
Eat with parents	40	18:24 - 19:04
Clean table	5	19:04 - 19:09
Watch MPUC	20	19:09 - 19:29
Looking through the chats in TRW	15	19:29 - 19:44
2nd GWS based on tasks on tracking sheet	75	19:44 - 20:59
Short family time: 1 round card game, etc.	25	20:59 - 21:19
3rd GWS	75	21:19 - 22:34
Watch some kind of video in TRW: Live call archives, etc.	30	22:34 - 23:04
Count calories	15	23:04 - 23:19
Goal writing evening	2	23:19 - 23:21

[illegible]
