

Where does the time go?

As a personal trainer and health coach, **lack of time** is one of the top reasons people tell me they don't do the things they want to do in effort to accomplish their goals.

This pie chart is divided into 24 sections, each representing one hour of your day.

This chart can help you become more aware of

- ~ where and to what you devote your time
- ~ the amount of time spent on things you may not realize are taking up your time
- ~ how you could more efficiently structure your time for the things that truly matter
- ~ put boundaries on the things that can take you down a rabbit hole :-)

If you have a varied schedule, you might fill this chart for your week days, and do it again for days on the weekends.

