



Sherry Netherland: The Health and Fitness Humorist

2355 Westwood Blvd., Suite 352
 Los Angeles, CA 90064
 (Ph) 310-713-3121 (Fx) 310-943-6804
 www.healthandfitnesshumorist.com

TIME TRACKER

DAY/DATE: _____

TIME SLOT	ACTIVITIES, CHORES, ERRANDS, WORK, CHILD CARE, LEISURE	PHYSICALLY ACTIVE (Time In Minutes)	
		YES	NO
7am – 9 am			
9am – 11 am			
11am – 1pm			

1pm – 3pm			
3pm-5pm			
5pm – 7 pm			
7pm - 9 pm			
9pm - 11pm			

11pm - 1am			
1am - 3am			
3am - 5am			
5am - 7am			

