

**Daily Time Tracking Sheet - Date \_\_\_\_\_**

6am \_\_\_\_\_

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7am \_\_\_\_\_

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8am \_\_\_\_\_

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9am \_\_\_\_\_

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10am \_\_\_\_\_

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11am \_\_\_\_\_

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12pm \_\_\_\_\_

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1pm \_\_\_\_\_

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2pm \_\_\_\_\_

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3pm \_\_\_\_\_

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4pm \_\_\_\_\_

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5pm \_\_\_\_\_

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10pm \_\_\_\_\_

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11pm \_\_\_\_\_

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12am \_\_\_\_\_

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1am \_\_\_\_\_

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2am \_\_\_\_\_

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3am \_\_\_\_\_

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4am \_\_\_\_\_

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5am \_\_\_\_\_

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**Adapted from:**

Ellis, Dave. (2003). *Becoming a Master Student: Tools, techniques, hints, ideas, illustrations, examples Methods, Procedures, Process, Skills, Resources and Suggestions for success.* 10<sup>th</sup> ed. Houghton Mifflin Co. U.S.A,

Van Blerkom, Dianna. (2003). *College Study Skills: Becoming a strategic learner.* 4<sup>th</sup> ed. Wadsworth Publishing Co. Belmont CA.

Various Sources from the Internet