

The 7 Minute Life 15 Minute Increment Worksheet



	planned time	actual time
5 am :30		
6 am :30		
7 am :15 :30 :45		
8 am :15 :30 :45		
9 am :15 :30 :45		
10 am :15 :30 :45		
11 am :15 :30 :45		
12 pm :15 :30 :45		
1 pm :15 :30 :45		
2 pm :15 :30 :45		
3 pm :15 :30 :45		
4 pm :15 :30 :45		
5 pm :15 :30 :45		
6 pm :30		
7 pm :30		
8 pm :30		
9 pm :30		
10 pm		
11 pm		
12 am		



daily progress report

with contacts

S M T W Th F S
○ ○ ○ ○ ○ ○ ○

_____ date

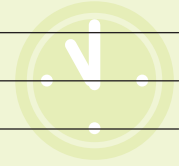
Daily Contacts

1. _____
2. _____
3. _____
4. _____
- 5. _____
6. _____
7. _____
8. _____
9. _____
- 10. _____
11. _____
12. _____
13. _____
14. _____
- 15. _____
16. _____
17. _____
18. _____
19. _____
- 20. _____
21. _____
22. _____
23. _____
24. _____
- 25. _____



What I will do... 5 before 11™

1. _____ ○
2. _____ ○
3. _____ ○
4. _____ ○
5. _____ ○



"7 Minute Life" Connections

1. _____ ○
2. _____ ○
3. _____ ○



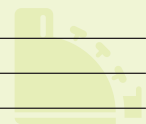
Unfinished Tasks

1. _____ ○
2. _____ ○
3. _____ ○
4. _____ ○
5. _____ ○
6. _____ ○
7. _____ ○
8. _____ ○
9. _____ ○
10. _____ ○



What I Spent

item	amount
1. _____	○
2. _____	○
3. _____	○



water:



sleep
in hours



exercise
in minutes



reflection
in minutes



reading
in minutes

breakfast	lunch	dinner
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snack	snack
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Did I do what I said I would do today? Yes No