

Setting Time Commitment Goal

Opportunities in a day	Trial 1	Trial 2	Trial 3
Upon Wakening			
In the Bath			
Breakfast before/during/after			
Walking before/during/after			
Meetings			
Over the phone			
AM/PM Break			
Lunch Break			
Dinner before/during/after			
Watching TV			
Before Sleep			
Others			
Average:			
Pass Fail			