

The Content Diet

Content Time Tracking Worksheet

Track where your time and attention go each day. Tally minutes per category, then add daily and weekly totals.

	SUN	MON	TUE	WED	THU	FRI	SAT
Conversation							
Audiobooks & Podcasts							
Streaming TV							
Online Media							
Physical Press							
Streaming Music							
Radio							
Social Media							
Other							
Other							
Other							
Daily Totals							
					Weekly Total		

Find more resources and content at www.YourContentDiet.com