

7-8-9 Daily Time Tracker

Track your day using the 7-8-9 method: 7 hours of sleep, 8 hours of focused work or study, and 9 hours of life and recovery. Use the table below to log your day and reflect.

Category	Target Hours	Time Logged	Activities Summary	Was it Balanced?
■ Sleep	7 hrs	_____	_____	■ Yes ■ No
■ Work / Study	8 hrs	_____	_____	■ Yes ■ No
■ Life & Recovery	9 hrs	_____	_____	■ Yes ■ No

■ Daily Reflection

What threw you off balance today? What worked well?

■ How did today feel overall? ■ Excellent ■ Good ■ Drained ■ Overwhelmed

Would you adjust anything tomorrow? _____