

Double Your Freelancing Course Companion Time Tracker

HOW TO USE THIS TRACKER

Each checkbox corresponds to 5 minutes spent on either learning or implementation. Set your goals for the week in the DYF Course Companion and use this worksheet to keep track of your progress!

WORKSHEET DATE RANGE:

How much time do you want to spend on **Learning** this week?

How much time do you want to spend on **Implementation** this week?

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
_____ 1 HOUR _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
_____ 1 HOUR _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
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<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
_____ 2 HOURS _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
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_____ 2 HOURS _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
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<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
_____ 3 HOURS _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
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_____ 3 HOURS _____			

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_____ 4 HOURS _____			

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_____ 4 HOURS _____			

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_____ 5 HOURS _____			

<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
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<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins	<input type="checkbox"/> 5 mins
_____ 5 HOURS _____			