



FIND THE LEAK

Time Audit

Track reality in thirty-minute blocks. Label what moved the mission, what maintained life, and what quietly stole the day.

THE
STANDARD

Do not estimate. Record what actually happened.

REALITY LOG - PART 1

Code every block: M = mission, K = maintenance, W = waste.

TIME	WHAT I ACTUALLY DID	CODE	CORRECTION
06:00-06:30			
06:30-07:00			
07:00-07:30			
07:30-08:00			
08:00-08:30			
08:30-09:00			
09:00-09:30			
09:30-10:00			
10:00-10:30			
10:30-11:00			
11:00-11:30			
11:30-12:00			
12:00-12:30			
12:30-13:00			
13:00-13:30			
13:30-14:00			



REALITY LOG - PART 2

Code every block: M = mission, K = maintenance, W = waste.

TIME	WHAT I ACTUALLY DID	CODE	CORRECTION
14:00-14:30	_____	—	_____
14:30-15:00	_____	—	_____
15:00-15:30	_____	—	_____
15:30-16:00	_____	—	_____
16:00-16:30	_____	—	_____
16:30-17:00	_____	—	_____
17:00-17:30	_____	—	_____
17:30-18:00	_____	—	_____
18:00-18:30	_____	—	_____
18:30-19:00	_____	—	_____
19:00-19:30	_____	—	_____
19:30-20:00	_____	—	_____
20:00-20:30	_____	—	_____
20:30-21:00	_____	—	_____
21:00-21:30	_____	—	_____
21:30-22:00	_____	—	_____

Total mission time

Largest avoidable leak

Tomorrow's hard boundary