# Internet Business Mastery

## Jay's Time Log Example

Activity Log for Week: _____

| | Priorities: | 3 things that could most further this priority this week: |
|---|---|---|
| 1. | | 1.<br>2.<br>3. |
| 2. | | 1.<br>2.<br>3. |
| 3. | | 1.<br>2.<br>3. |
| Other: | | |

| MONDAY | | |
|---|---|---|
| **Activity** | **Estimated Time** | **Actual Time** |
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□ At least one activity to build customer base: _____
□ Exercise: _____
□ Read/Study (30 minutes): _____

Tasks:

□ _____ □ _____
□ _____ □ _____
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| TUESDAY | | |
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| **Activity** | **Estimated Time** | **Actual Time** |
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□ At least one activity to build customer base: _____
□ Exercise: _____
□ Read/Study (30 minutes): _____

Tasks:

□ _____ □ _____
□ _____ □ _____
□ _____ □ _____

| WEDNESDAY | | |
|---|---|---|
| **Activity** | **Estimated Time** | **Actual Time** |
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□ At least one activity to build customer base: _____
□ Exercise: _____
□ Read/Study (30 minutes): _____

Tasks:

□ _____ □ _____
□ _____ □ _____
□ _____ □ _____

| THURSDAY | | |
|---|---|---|
| **Activity** | **Estimated Time** | **Actual Time** |
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□ At least one activity to build customer base: _____
□ Exercise: _____
□ Read/Study (30 minutes): _____

Tasks:

□ _____ □ _____
□ _____ □ _____
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| FRIDAY | | |
|---|---|---|
| **Activity** | **Estimated Time** | **Actual Time** |
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□ At least one activity to build customer base: _____
□ Exercise: _____
□ Read/Study (30 minutes): _____

Tasks:

□ _____ □ _____
□ _____ □ _____
□ _____ □ _____

| SATURDAY/SUNDAY | |
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| **Activity** | **Time** |
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