## Weekly Time Journal

| Start | End | $\begin{aligned} & \hline \text { How } \\ & \text { Long } \end{aligned}$ | Detailed Description of What I Accomplished Week Total Hrs Worked: |  | week |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Monday, | __ Total:___ hrs |  |  |
|  |  |  |  |  |  | BUSINESS PLANNING |
|  |  |  |  |  |  | Daily Mapping |
|  |  |  |  |  |  | Delegate/Outsource |
|  |  |  |  |  |  | Goals/Strategic Plan |
|  |  |  |  |  |  | Review |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | BUSINESS DEVELOPM |
|  |  |  |  |  |  | Advertising |
|  |  |  |  |  |  | Client Development |
|  |  |  |  |  |  | Email Marketing |
|  |  |  |  |  |  | Network/Referral |
|  |  |  |  |  |  | Online Marketing |
|  |  |  |  |  |  | Public Relations |
|  |  |  |  |  |  | Social Media |
|  |  |  |  |  |  | Website |
|  |  |  |  |  |  | Other |
|  |  |  |  |  |  | Other |
|  |  |  |  |  |  | Other |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | Lead Nurturing |
|  |  |  |  |  |  | New Consults |
|  |  |  |  |  |  | Prospect Follow Ups |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | Client Work - Billables |
|  |  |  |  |  |  | Production Work |
|  |  |  |  |  |  | Calls -Email - Mail |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | STAFF MANAGEMENT |
|  |  |  |  |  |  | 1-on-1/Reviews |
|  |  |  |  |  |  | Firm Meetings |
|  |  |  |  |  |  | Recruiting |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | Financials |
|  |  |  |  |  |  | Professional Develop |
|  |  |  |  |  |  | Travel |
|  |  |  |  |  |  | Should Delegate |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | Interruptions |
|  |  |  |  |  |  | Wasted Time |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |
| $\sqrt{10}$ |  | More Help? <br> Yoon Cannon <br> Subscription | *1-on-1 Coaching <br> (215) 292-4947 EST to Biz Growth Newsletter | * Group Coaching *Seminars <br> Email: yooncannon@ParamountBu Web: www.ParamountBusinessCoa |  | aramount usiness Coach |

