

Self Monitoring System

Individual Manager & Self Track System (IMS)								
TIME	ACTIVITY (eg)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0700-0800	Travelling/							
0800-0900	Day Planning							
0900-1000	Appointment/							
1000-1100	Prospecting							
1100-1200	Lunch							
1200-1300	Appointment 1							
1300-1400	Lunch							
1400-1500	Appointment 2							
1500-1600	Appointment /							
1600-1700	Prospecting							
1700-1800	Dinner							
1800-1900	Appointment 1							
1900-2000	Dinner							
2000-2100	Appointment 2							
2100-2200	Reflection /							
2200-2300	Daily Reporting							
Empty Critical hour								
Not Critical Hours								
Total Slots Per Day								
Hours Per Slots (2)								
No of Hours Per Day (16)								