Transitions Skills and Strategies

Baseline time tracker

Choose a day, then think about all the things you do in a 24-hour period. Estimate the total time you spend on each activity.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **0.00**  |  | **6.00** |  | **12.00**  |  | **18.00** |  |
| **0.30**  |  | **6.30** |  | **12.30**  |  | **18.30** |  |
| **1.00**  |  | **7.00** |  | **13.00**  |  | **19.00** |  |
| **1.30**  |  | **7.30** |  | **13.30**  |  | **19.30** |  |
| **2.00** |  | **8.00** |  | **14.00**  |  | **20.00** |  |
| **2.30**  |  | **8.30** |  | **14.30**  |  | **20.30** |  |
| **3.00**  |  | **9.00** |  | **15.00**  |  | **21.00** |  |
| **3.30**  |  | **9.30** |  | **15.30**  |  | **21.30** |  |
| **4.00**  |  | **10.00** |  | **16.00**  |  | **22.00** |  |
| **4.30**  |  | **10.30** |  | **16.30**  |  | **22.30**  |  |
| **5.00**  |  | **11.00** |  | **17.00**  |  | **23.00**  |  |
| **5.30**  |  | **11.30** |  | **17.30**  |  | **23.30**  |  |

Published by QAA, and produced by the sector and QAA Scotland, this resource has been commissioned by the Scottish Funding Council to support its duty to secure provision for assessing and enhancing the quality of fundable further and higher education provision.

Published - 9 January 2023

© The Quality Assurance Agency for Higher Education 2023
Registered charity numbers 1062746 and SC037786
[www.enhancementthemes.ac.uk](http://www.enhancementthemes.ac.uk)