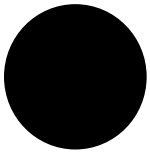
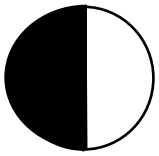
Be a Time Sleuth!

Collect clues.

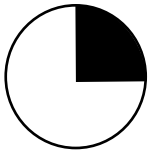
Get more done by managing time-on-task more effectively. Use these visual representations for time:



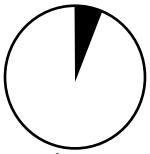
Full circle represents an hour or 60 minutes.



1/2 represents a half hour or 30 minutes.



1/4 represents a quarter hour or 15 minutes.



1/12 equals 5 minutes.

Task	My estimate	How long it REALLY took
Speaker proposal for ADHD conference	● ● ◐	● ● ● ◔

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