Interruptions Log

DATE	TIME	WHO	WHAT	TIME/LENGTH	RATING

Ratings: **P** = Personal **B** = Bad Timing **N** = Needed **W** = Why me? What needs to change? Who else could do this?

Cathy@theproductivityexperts.com | 314-267-3969
www.TheProductivityExperts.com
Cathy Sexton, Productivity Expert
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