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| **Chart for Exercise 2**  **Listening Around the Clock**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** | | |
| **Times when I can listen to recordings:** | **Recordings I listened to:** | **Amount of time I spent listening:** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | **Total minutes** |  |
| **Questions or thoughts I had while listening today:** |  | |