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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:** |  |