

GET THINGS DONE ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Planning & Productivity	30 s	5	15	25	45	60
Behavioral Design	10 s	5	10	15	30	30
Cold	10 s	1	1	3	10	10
Learning	10 s	4	4	15	30	60
Total Time	40 s	15	30	58	115	160