

Analysis of interruptions

How: Choose a random hour during the day where you have planned to work on one specific task (not a meeting). Leave the paper next to you and note briefly, each time you get interrupted.

Name: _____ Date: _____

One hour between ____ and ____ o'clock.

Minute	Interruption	Cause	Comment	Minute	Interruption	Cause	Comment
1				31			
2				32			
3				33			
4				34			
5				35			
6				36			
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30				60			