

| Time Index | 13  | 12  | 11  | 10  | 9   | 8   | 7   | 6   | 0   | 0   |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| GR         | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 |
| Share      | 9   | 8   | 7   | 6   | 6   | 5   | 4   | 3.5 |     |     |
| Feedback   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 1.5 |     |     |
| Overhead   | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 |     |     |

## ASCA Time Matrix

Minutes Available

| # People | 30                               | 35                               | 40                               | 45                               | 50                               | 55                               | 60                               | 65                               | 70                               | 75                               | 80                               | 85                               | 90                               |
|----------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 3        | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 8<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       |
| 4        | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       |
| 5        | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 8<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       |
| 6        |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 8<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       |
| 7        |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 8<br>/ FB 3       | GR 0.5<br>/ Sh 9<br>/ FB 3       |
| 8        |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       | GR 0.5<br>/ Sh 7<br>/ FB 3       |
| 9        |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 3       |
| 10       |                                  |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       | GR 0.5<br>/ Sh 6<br>/ FB 2       |
| 11       |                                  |                                  |                                  |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       |
| 12       |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 5<br>/ FB 2       |
| 13       |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh 4<br>/ FB 2       | GR 0.5<br>/ Sh 4<br>/ FB 2       |
| 14       |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  |                                  | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 | GR 0.5<br>/ Sh<br>3.5/<br>FB 1.5 |

**GR = how you feel**  
**Sh = Share time**  
**FB = Feed back time**

**Example: 7 people and 75 minutes available.** Each person gets 7 minutes for Shares, and 3 minutes total for receiving Feedback and 30 seconds stating how s/he feels.  
 Note that each time allocation also includes 0.5 minute "Overhead".  
 Overhead = time for explanations, interventions, waiting for someone to share, etc.