

For one week, record the amount of time you spend on each activity you do. Write in after-school or part-time jobs, sports or other hobbies, chores, reading for pleasure, talking on the phone, dates, and so on.

REAL TIME

DAY:	DAY:	DAY:	DAY:	DAY:	DAY:
morning:	morning:	morning:	morning:	morning:	morning:
afternoon:	afternoon:	afternoon:	afternoon:	afternoon:	afternoon:
evening:	evening:	evening:	evening:	evening:	evening:
TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities: