For each day, indicate the number of minutes spent on a given activity, using the codes on the following page to describe that use of time.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6am – 7am |  |  |  |  |  |  |  |
| 7am – 8am |  |  |  |  |  |  |  |
| 8am – 9am |  |  |  |  |  |  |  |
| 9am – 10am |  |  |  |  |  |  |  |
| 10am – 11am |  |  |  |  |  |  |  |
| 11am – 12pm |  |  |  |  |  |  |  |
| 12pm – 1pm |  |  |  |  |  |  |  |
| 1pm – 2pm |  |  |  |  |  |  |  |
| 2pm – 3pm |  |  |  |  |  |  |  |
| 3pm – 4pm |  |  |  |  |  |  |  |
| 4pm – 5pm |  |  |  |  |  |  |  |
| 5pm – 6pm |  |  |  |  |  |  |  |
| 6pm – 7pm |  |  |  |  |  |  |  |
| 7pm – 8pm |  |  |  |  |  |  |  |
| 8pm – 9pm |  |  |  |  |  |  |  |
| 9pm – 10pm |  |  |  |  |  |  |  |
| 10om – 11pm |  |  |  |  |  |  |  |
| 11pm – 12am |  |  |  |  |  |  |  |
| 12am – 6am |  |  |  |  |  |  |  |
|  |
| Notes: |

Complete the time log for 1-2 weeks, using a word, short phrase, or code below to describe that use of time. When complete, determine the total amount of time spent on each of the categories below. Feel free to combine or add categories if a common use of your time is not included.

|  |  |  |
| --- | --- | --- |
| S- Sleep | R&R – Rest and Relaxation | AC – Animal care |
| C- Class | FT – Family time  | TV – Time watching shows/movies |
| E – Eating/Meal Prep/Clean Up | R – Religious/Spiritual activities | EX – Exercise/Movement |
| PR – Preparation/Getting ready | PH – Time on phone (talking, texting, social media) | CD – Care for dependents  |
| ST – School work outside of class | CP – Non-work/school-related computer use | G – Gaming |
| T – Travel time | FR– Time with friends | CR– Creative project |
| W – Work | SO – Time with significant other |  |
| V – Volunteering/Co-Curricular | HC – House cleaning |  |