

	SUN	MON	TUES	WED	THURS	FRI	SAT
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							
10pm-11pm							
11pm-12am							
12am-6am							



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.

AC - Animal care	FT - Family time	SO - Time with significant other
C - Class	G - Gaming	ST - School work outside of class
CD - Care for dependents	HC - House cleaning	T - Travel time
CP - Non-work or school related computer use	PH - Time on phone (talking, texting, social media)	TV - Time watching shows/movies
CR - Creative project/hobby	PR - Preparation/ getting ready	V - Volunteering/ Co-curricular
E - Eating/meal prep/clean up	R&R - Rest and relaxation	W - Work
EX - Exercise/ movement	R - Religious/ spiritual activities	
FR - Time with friends	S - Sleep	

