

Time Log

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

| | 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 | | | | | | | |

| Notes: | | | |
|--------|--|--|--|
| | | | |
| | | | |

The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

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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 | |

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