

Time Log

Over the next week write down the different activities you engage in during the course of the day. Pay special attention to how you are using down time (*i. e. time not spent working, going to school, eating or sleeping*).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
12:00 am							
1:00 am							

