

Name _____

Day 1

6 am – 3 pm (540 minutes)	3 pm – 9 pm (360 minutes)	9 pm – 6 am (540 minutes)	TOTALS	
Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep	
			Meals/Eating	
			School	
			Homework	
			Working	
			Grooming	
			Travel/Commute	
			Chores	
			Online	
			Friends	
			Television	
			Videogames	
			Sports	
			Reading	
TOTAL				

Day 2

6 am – 3 pm (540 minutes)	3 pm – 9 pm (360 minutes)	9 pm – 6 am (540 minutes)	TOTALS	
Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep Meals/Eating School Homework Working Grooming Travel/Commute Chores Online Friends Television Videogames Sports Reading	Sleep	
			Meals/Eating	
			School	
			Homework	
			Working	
			Grooming	
			Travel/Commute	
			Chores	
			Online	
			Friends	
			Television	
			Videogames	
			Sports	
			Reading	
TOTAL				