Name\_\_\_\_\_

Day 1

6 am – 3 pm	3 pm – 9 pm	9 pm – 6 am	TOTALS
(540 minutes)	(360 minutes)	(540 minutes)	
			Sleep
Sleep	Sleep	Sleep Meals/Eating School Homework Working Grooming	Meals/Eating
Meals/Eating	Meals/Eating		School
School	School		Homework
Homework	Homework		Working
Working	Working		Grooming
Grooming	Grooming		
Travel/Commute	Travel/Commute	Travel/Commute	Travel/Commute
Chores	Chores	Chores	Chores
Online	Online	Online Friends Television Videogames Sports Reading	Online
Friends	Friends		Friends
Television	Television		Television
Videogames	Videogames		Videogames
Sports	Sports		Sports
Reading	ng Reading Readi		Reading
		TOTAL	au8

Day 2

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