

6to16 Lesson Plan

Time Tracking Log

Directions: Please fill in the chart for each hour, listing how you spend your time each day for the next 7 days.



Write down everything that you do: eating, sleeping, hanging out with friends, doing homework, watching TV, listening to music, going to church, etc. Then complete the summary questions on the back.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
9:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
10:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
11:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
12:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
1:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
2:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
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							
Approximately how much time did you spend each day:							
	<input type="radio"/> <i>in school?</i>						_____
	<input type="radio"/> <i>sleeping?</i>						_____
	<input type="radio"/> <i>studying?</i>						_____
	<input type="radio"/> <i>reading for pleasure?</i>						_____
	<input type="radio"/> <i>socializing?</i>						_____
	<input type="radio"/> <i>exercising?</i>						_____
	<input type="radio"/> <i>hanging out with friends?</i>						_____
	<input type="radio"/> <i>watching television?</i>						_____
	<input type="radio"/> <i>on the computer (not doing homework)?</i>						_____