6to16 Lesson Plan

Time Tracking Log

IN SCHOOL	Directio	ns: Please fill in	n the chart for ea	ch hour, listing	how you spen	d your time each	day for the ne	ext 7 days.
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 S								
Then complete the summary questions on the back		(5" Z (6"]	2 3	TV, listening to music, going to church, etc.				(6" 12 (6" 12
Monday Tuesday Wednesday Thursday Friday Saturday Sunday		7 6 54 .87 6	84					07004 07004
10.00 AM				Then complete the summary questions on the back.			ck.	
IN SCHOOL		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
IN SCHOOL	8:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 11:00 PM 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 IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM IN SCHOOL IN S	9:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 12:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 1:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 1:00 PM IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM 4:00 PM 5:00 PM 8:00 PM 10:00 PM 10:00 PM	10:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
IN SCHOOL	11:00 AM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
IN SCHOOL	12:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL IN SCHOOL 3:00 PM 4:00 PM 6:00 PM 8:00 PM 10:00 PM 11:00 PM	1:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
4:00 PM 5:00 PM 7:00 PM 8:00 PM 9:00 PM 11:00 PM	2:00 PM	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL	IN SCHOOL		
5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM 11:00 PM	3:00 PM							
6:00 PM 7:00 PM 8:00 PM 9:00 PM 11:00 PM	4:00 PM							
7:00 PM 8:00 PM 9:00 PM 10:00 PM 11:00 PM	5:00 PM							
8:00 PM 9:00 PM 10:00 PM 11:00 PM	6:00 PM							
9:00 PM 10:00 PM 11:00 PM	7:00 PM							
10:00 PM 11:00 PM	8:00 PM							
11:00 PM	9:00 PM							
	10:00 PM							
Approximately how much time did you spend each day:	11:00 PM							
		Ap	proximately ho	w much time o	did you spend	d each day:		
o in school?			o in school?	1				_
o sleeping?								
o studying?								
o reading for pleasure?				r pleasure?				
o socializing?								
o exercising?								_
o hanging out with friends?					?			
o watching television?								_
o on the computer (not doing homework)?					ing homewor	k)?		_