

Time Use Chart and Log

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							

Instructions: After finishing the time log, complete Columns A, B, & C

	A HOW MANY HOURS DID YOU	B HOW MANY HOURS SHOULD YOU	C HOW MANY HOURS WILL YOU
Sleep			
Attend Class			
Study			
Eat			
Get Ready			
Commute			
Work			
Watch TV			
Socialize			
Internet (News, Pinterest, etc.)			
Talk on the Phone / Text			
Chat / Email / IM / Instagram / Social Media / etc.			
Play Video Games			
Exercise / Workout			
Attend Sports Practice			
Commute or Travel Home			
List Any Others:			