

## ***Time Planning Worksheet: How Do You Spend Your Time?***

**Record how you spend your time each hour for a week. Fill out *every* square.** Activities include attending class, working, sleeping, traveling, studying and homework, housework, preparing and eating meals, recreation, family, friends, watching TV, net surfing, etc. Use this to evaluate the choices you make about how you spend your time.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Before 6:50							
6:50-7:50							
8:00-9:00							
9:10-10:10							
10:20-11:20							
11:30-12:30							
12:40-1:40							
1:50-2:50							
3:00-4:00							
4:10-5:10							
5:10-6:00							
6:00 – 7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
After 12 a.m.							