

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.							