

Name _____

Day 1

6 am – 3 pm (540 minutes)	3 pm – 9 pm (360 minutes)	9 pm – 6 am (540 minutes)	TOTALS	
Sleep	Sleep	Sleep	Sleep	
Meals/Eating	Meals/Eating	Meals/Eating	Meals/Eating	
School	School	School	School	
Homework	Homework	Homework	Homework	
Working	Working	Working	Working	
Grooming	Grooming	Grooming	Grooming	
Travel/Commute	Travel/Commute	Travel/Commute	Travel/Commute	
Chores	Chores	Chores	Chores	
Online	Online	Online	Online	
Friends	Friends	Friends	Friends	
Television	Television	Television	Television	
Videogames	Videogames	Videogames	Videogames	
Sports	Sports	Sports	Sports	
Reading	Reading	Reading	Reading	
TOTAL				

Day 2

6 am – 3 pm (540 minutes)	3 pm – 9 pm (360 minutes)	9 pm – 6 am (540 minutes)	TOTALS	
Sleep	Sleep	Sleep	Sleep	
Meals/Eating	Meals/Eating	Meals/Eating	Meals/Eating	
School	School	School	School	
Homework	Homework	Homework	Homework	
Working	Working	Working	Working	
Grooming	Grooming	Grooming	Grooming	
Travel/Commute	Travel/Commute	Travel/Commute	Travel/Commute	
Chores	Chores	Chores	Chores	
Online	Online	Online	Online	
Friends	Friends	Friends	Friends	
Television	Television	Television	Television	
Videogames	Videogames	Videogames	Videogames	
Sports	Sports	Sports	Sports	
Reading	Reading	Reading	Reading	
TOTAL				