

<u>Activity</u>	<u>Hours spent</u>
<u>Sleeping/napping</u>	
<u>Eating/snacking</u>	
<u>At school , in classes</u>	
<u>After school, clubs, etc.</u>	
<u>Jobs or responsibilities</u>	
<u>Home responsibilities</u>	
<u>Recreation</u>	
<u>Watching TV</u>	
<u>Talking on the telephone and/or texting, computer</u>	
<u>Visiting friends</u>	
<u>Homework/studying/practicing</u>	

I spend most of my time \_\_\_\_\_

I spend less time \_\_\_\_\_ than I should because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My biggest "time-waster" is \_\_\_\_\_

If I could, I would spend more time \_\_\_\_\_

\_\_\_\_\_ and less time \_\_\_\_\_

\_\_\_\_\_