



TIME TRACKER



Sometimes it can feel like there's never enough time to get everything done! It can be helpful to take a look at how much time you spend doing certain daily activities. Use this worksheet to track how many minutes you spend on each of the tasks for three days.

Use the blank spaces to track any other activity you can think of.

	DAY 1	DAY 2	DAY 3
GETTING READY IN THE MORNING (SHOWER, BRUSHING TEETH, GETTING DRESSED)			
GETTING MY THINGS READY FOR SCHOOL			
PREPARING AND EATING BREAKFAST			
TIME SPENT WATCHING T.V.			
TOTAL TIME SPENT PLAYING WITH FRIENDS AND SIBLINGS			
DOING CHORES AROUND THE HOUSE			
TOTAL TIME SPENT ON ACTIVITIES OUTSIDE THE HOUSE (SPORTS, CLUBS, ETC.)			
DOING HOMEWORK OR STUDYING			
EATING DINNER			
GETTING READY FOR BED (BRUSHING TEETH, TAKING A SHOWER, ETC.)			

ARE THERE ANY ACTIVITIES YOU NEED TO SPEND LESS OR MORE TIME DOING?

