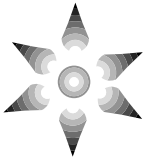




# Time-Use Schedule



Use this table to plot how you usually spend your time during any typical week. Include the time you spend eating, sleeping, working, studying, watching TV, exercising, etc.. After you finish this, complete an "Activities Summary."

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00pm							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							

