

Data Record SheetUse with Activity SS-4 *Keeping a Daily Log***Keeping Track of Your Time**

Directions: Use the table below to keep track of the time you spend on various activities for one week. Fill in three other activities, such as doing homework or socializing with friends.

		Activities						
		Sleeping	Eating	Being at School	Screen Time (TV, games, Internet, etc.)			Total Hours
Days of Week	Monday							
	Tuesday							
	Wednesday							
	Thursday							
	Friday							
	Saturday							
	Sunday							
	Total Hours							