

## How Do I Spend My Time?

**Directions:** Print this worksheet. If you don't have access to a printer, copy the circle below on a piece of paper using a pen or pencil.

Below is a large pie chart divided into four sections. Each section represents 1/4 of a 24-hour day.

Using the chart, record your activities for one 24-hour day. Divide your day's activities into different portions, or pie pieces. For example, one portion, from 11pm-6am might be labeled "sleep." Include as many activities as you can so you can get an accurate picture of how your time is spent each day. Don't alter your activities simply because you're recording the results. The end result should resemble a pie. To get a more accurate sense of how you spend your time, print out seven charts and record your daily activities for a whole week.

- ✓ **Need Help?** Ask yourself the following: How much time do you spend: Sleeping? Working? Watching television? Commuting? Grooming? Preparing meals? Spending time with family and friends? Taking care of pets? Nurturing hobbies? Running errands? Doing housework? Exercising? Reading? Studying?

