

Time Log Worksheet

Use this sheet to arrive at a more accurate accounting of your time than your initial guesses on the Time Budget sheet might have shown. Take time to do this each day – if you try to do it all at once, you’ll have difficulty remembering how you spent your time!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Class hours								
Study hours								
Sleep								
Meals/Eating								
Exercise								
Family								
Facebook or Random Internet								
TV, Movies, Videos								
Miscellaneous Personal								
Miscellaneous Recreation								
Commuting/Travel								
Other:								
Total:	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	

Check your math – each vertical column (i.e. Monday entries) should total 24 hours. Each activity (i.e. sleep) should be added horizontally to get your weekly total, Bring this sheet to class next week.