



Healthy Habits: Time Tally

LESSON PLAN

SKILLS & OBJECTIVES

- Collects, organizes, displays and analyzes data
- Develops and evaluates inferences and predictions based on data
- Identifies, creates and uses circle graphs to organize information
- Knows basic personal hygiene habits required to maintain health

MATERIALS

GRAPH PAPER

COLORED MARKERS,
CRAYONS OR PENCILS

COPIES OF CHART TO THE RIGHT



Students record the amount of time they spend on various daily routines. They graph all of their information and compare their habits with others in the class. Students use their graphs to discuss ways to improve overall health.

DIRECTIONS

1 Distribute copies of the **Healthy Habits Time Tally** worksheet (on following page) to students and tell them that they are going to keep track of how much time they spend doing everyday tasks for 24 hours. As a class, discuss the items on the chart and brainstorm whether or not you should add any tasks. What about chores?

2 Explain that after calculating the time they spend on different tasks for one day, students will create a circle graph to chart their habits.

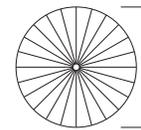


Chart includes 15 minute markers/dividers.

Download full size chart on page following next.

3 Have students create a color-coded key for the different categories of tasks. For example:

Sleep—**RED**, School Attendance—**ORANGE**, Entertainment—**PURPLE**, Doing Homework—**YELLOW**, Physical Activity—**GREEN**, Personal Hygiene—**BLUE**

4 Have students graph and analyze their results and then compare them to their classmates' results.

WRAP UP

Use the graphs to discuss daily habits and ways to improve overall health. Do students think they spend too much time on entertainment and not enough on physical activity? How might those habits affect their health and learning?

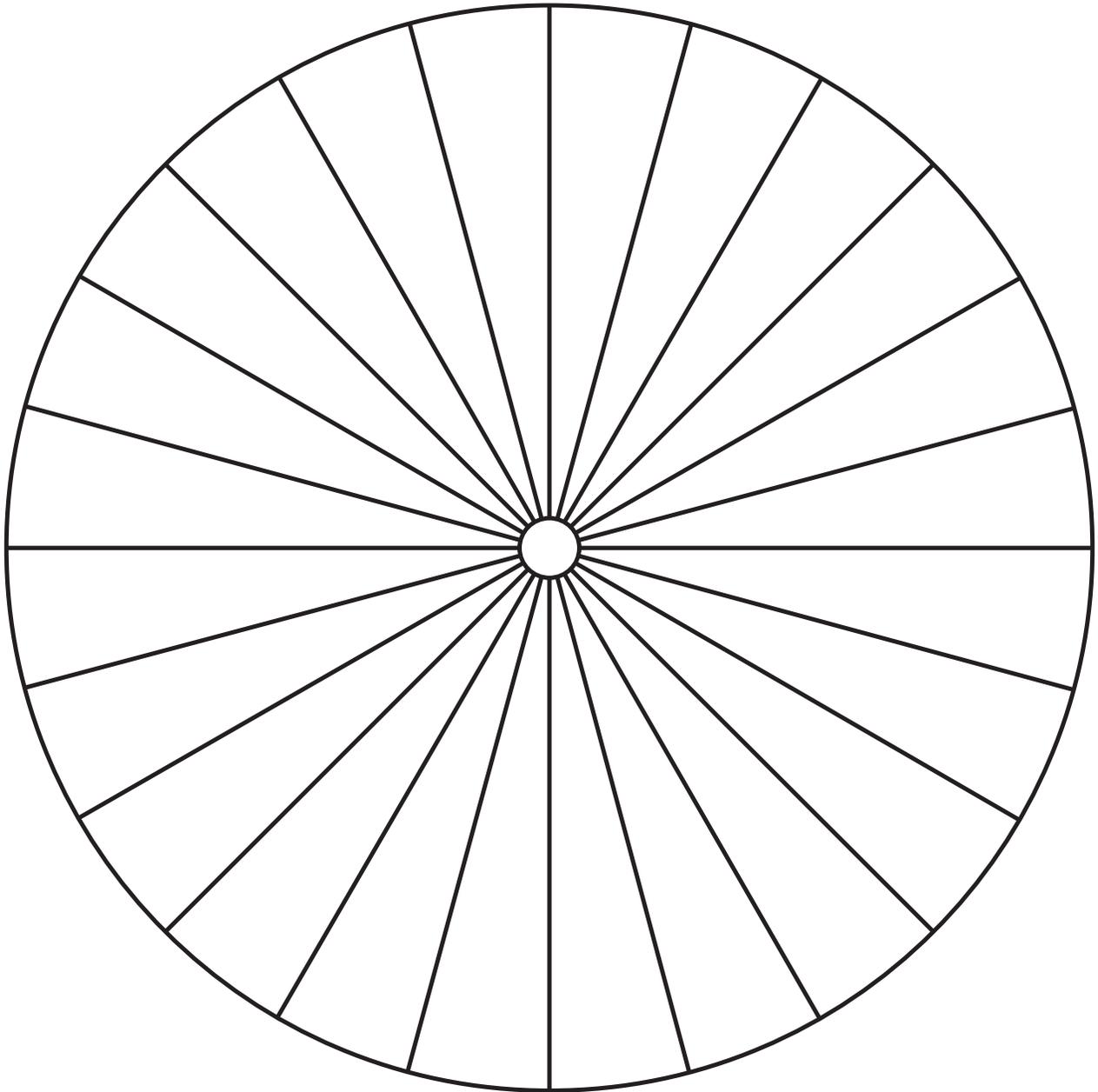
LESSON EXTENSION

Have students continue to record and tally their habits for several days or weeks. Then have them identify trends and changes in their behaviors. Students can create circle graph and bar graph charts to share with their peers. (An example would be for a student to graph an increase in the amount of time spent exercising.)

Daily Activity:	Amount of Time Spent In A Typical Day (Rounded to nearest 15 mins.)
Washing hands?	
Exercising/playing sports?	
Showering or bathing?	
Reading?	
Doing chores at home?	
Relaxing?	
Brushing teeth?	
Flossing teeth?	
Watching TV?	
Playing outside?	
Attending school?	
Using telephone?	
Playing video games?	
Doing homework?	
Sleeping?	
Grooming hair?	
Other?	
Total Time	

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Explain that after calculating the time they spend on different tasks for one day, students will create a circle graph to chart their habits.



Have students create a color-coded key for the different categories of tasks. For example:

Sleep — RED, School Attendance — ORANGE, Entertainment — PURPLE,
Doing Homework — YELLOW, Physical Activity — GREEN, Personal Hygiene — BLUE

Have students graph and analyze their results and then compare them to their classmates' results.