

My Schedule

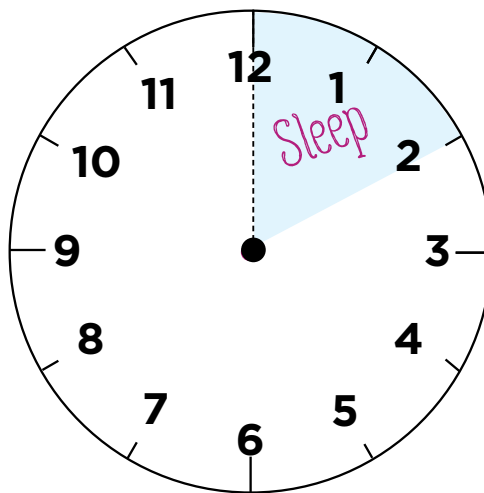


What do you do at midnight? What about when you wake up? What about every other hour of the day? Fill in the blanks next to the times below with all of the activities you do throughout your day. Don't forget to note the hours you are sleeping!

A.M.

Now color and label
the clocks.

12:00 (midnight) Sleep	6:00 _____
1:00 Sleep	7:00 _____
2:00 Sleep	8:00 _____
3:00 _____	9:00 _____
4:00 _____	10:00 _____
5:00 _____	11:00 _____



P.M.

12:00 _____	6:00 _____
1:00 _____	7:00 _____
2:00 _____	8:00 _____
3:00 _____	9:00 _____
4:00 _____	10:00 _____
5:00 _____	11:00 _____

