**ACTIVITY FIVE: KEEPING TRACK OF TIME**

How do you spend your time? Using the daily calendar below, record all your day’s activities from morning to evening. Use extra copies for multiple days.

**ACTIVITY SIX: WHERE DOES THE TIME GO?**

You may be surprised by what you learn from your daily calendar. Take a close look at the results. Then reflect on the questions below.

1. On which activity did you spend the most time?

2. How much time did you spend watching TV? ___________
   Chatting online with friends? ___________
   Playing video games? ___________

3. How much time did you spend
   on your schoolwork? ___________
   Reading for pleasure? ___________

4. What time do you usually go to sleep? ___________
   Are you sleeping at least nine hours each night? ___________
   On which activity did you spend the most time? ___________

5. Which activities did you plan ahead of time? ___________
   Which activities were unplanned? ___________

6. Which activity was the best use of your time? ___________
   Which was the worst use of your time? ___________

7. What is the most important thing you learned about the way you spend your time? ___________
   ___________
   ___________
   ___________