

Planning for What Matters



Step 1: Make a list of the activities you do when you get home from school. Don't forget to include homework, time to be with family, and meals.

Step 2: Write down how long each activity takes.

Step 3: Decide whether the activity has high, medium, or low importance.

Activity	Time Required	Importance (High, Medium, or Low)

Bonus: Make an after-school schedule for one day of the week. Think about how long each activity takes. How many activities can you do before bedtime?

Activity	Time Required	Start Time	End Time
Home from School			
Bedtime			

Do the Math: How much time will you spend on your after-school activities? _____

