

Time Log: My Week from 1/7/21 to 1/13/21

Name: Exemplar Grade: _____

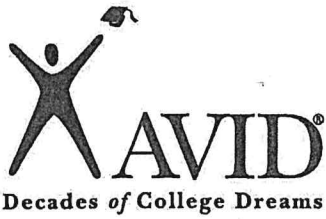
Date: _____ Period: _____

Directions: Use the table below to log your activities hour by hour for the next week. Update the log during the day, at the end of the day, or the following morning. Keep this neat, because you will be using it in class later.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Get ready (O)	Get ready (O)	Get ready (O)	Get ready (O)	Get ready (O)		
7:00							sleep
8:00						sleep	
9:00							
10:00						ST	ST
11:00	School (S)	School (S)	School (S)	School (S)	School (S)	(FF)	
12:00							
1:00							shopping
2:00						Reading	(FF)
3:00	sleep (O)	ST	Home work (HW)	FF	FF		
4:00		Homework (HW)	Screen Time (ST)			ST	Homework (HW)
5:00	Dinner (O)			Piano (E)	Screen Time (ST)	Dinner	
6:00	Homework (HW)	Dinner (O)	Dinner (O)	Dinner (O)	Dinner (O)	(O)	Dinner (O)
7:00	FF	Screen Time (ST)	Dance class (E)	(HW) Home work	FF	ST	FF
8:00						FF	ST
9:00	sleep	sleep	sleep	sleep	sleep		Screen Time
10:00						sleep	sleep

Try to use codes to fill in your boxes. For example: ST = Screen Time P = Phone/text
 S = School E = Extracurricular - sports - clubs - lessons
 HW = Home work O = Other - eating, riding in car, chores, etc.
 FF = Friends + Family Time

Section One: Organization



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