

NAME: _____

MY TIME MANAGER-Student

DATE: _____

How many hours/minutes a day do I:	Time	How many hours/minutes a day do I:	Time	Daily Total
 Play video games?		 Spend in school?		
 Spend with friends?		 Study or do homework?		
 Prepare and eat meals?		 Watch TV?		
 Spend in extracurricular activities?		 Talk on the phone or text message?		
 Commute to and from school?		 Do chores?		
 Spend online or on the computer?		 Get showered and dressed?		
 Sleep?		 Work/Other?		
TOTAL		TOTAL		24

What does the way I spend my time say about me?

How could I spend my time more productively?