

Time Record Sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
hours	hours	hours	hours	hours	hours	hours	hou
			nt of a screen	• •			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
hours	hours	hours	hours	hours	hours	hours	hou
How much t	ime did vou	spend being	active (playin	a sports, exe	ercisina)?		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
		,	,	,	,		
hours	hours	hours	hours	hours	hours	hours	hou
			chores or wo				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
hours	hours	hours	hours	hours	hours	hours	hou
How much t	ime did vou	spend readi	ng for pleasur	e?			
			ng for pleasur Wednesday		Friday	Saturday	Total
How much to Sunday	time did you Monday	spend readi Tuesday	ng for pleasur Wednesday	e? Thursday	Friday	Saturday	Total
					Friday	Saturday	
Sunday	Monday	Tuesday	Wednesday	Thursday	,	·	Total
Sunday hours How much 1	Monday hours	Tuesday hours spend in a v	Wednesday hours rehicle?	Thursday	hours	hours	hou
Sunday	Monday	Tuesday	Wednesday	Thursday	,	·	
Sunday hours How much 1	Monday hours time did you Monday	Tuesday hours spend in a v Tuesday	Wednesday hours rehicle? Wednesday	Thursday hours Thursday	Friday	Saturday	hou
Sunday hours How much 1	Monday hours	Tuesday hours spend in a v	Wednesday hours rehicle?	Thursday	hours	hours	Total
Sunday hours How much to Sunday hours	Monday hours time did you Monday hours	Tuesday hours spend in a v Tuesday hours	Wednesday hours rehicle? Wednesday	Thursday hours Thursday	Friday	Saturday	hou
Sunday How much to Sunday hours Where else	Monday hours time did you Monday hours does your til	Tuesday spend in a v Tuesday hours me go?	Wednesday hours rehicle? Wednesday hours	Thursday hours Thursday hours	Friday	Saturday	Total
Sunday hours How much to Sunday hours	Monday hours time did you Monday hours	Tuesday hours spend in a v Tuesday hours	Wednesday hours rehicle? Wednesday	Thursday hours Thursday	Friday	Saturday	Total
Sunday How much to Sunday hours Where else	Monday hours time did you Monday hours does your til	Tuesday spend in a v Tuesday hours me go?	Wednesday hours rehicle? Wednesday hours	Thursday hours Thursday hours	Friday	Saturday	Total
Sunday How much to Sunday hours Where else	Monday hours time did you Monday hours does your til	Tuesday spend in a v Tuesday hours me go?	Wednesday hours rehicle? Wednesday hours	Thursday hours Thursday hours	Friday	Saturday	Total hou
How much to Sunday hours Where else Sunday	Monday hours time did you Monday hours does your til Monday	Tuesday spend in a v Tuesday hours me go? Tuesday	Wednesday rehicle? Wednesday hours Wednesday	Thursday Thursday Thursday Thursday	Friday hours Friday	Saturday hours Saturday	Total hou
How much to Sunday hours Where else Sunday	Monday hours time did you Monday hours does your til Monday	Tuesday spend in a v Tuesday hours me go? Tuesday	Wednesday rehicle? Wednesday hours Wednesday	Thursday Thursday Thursday Thursday	Friday hours Friday	Saturday hours Saturday	Total hou
How much to Sunday hours Where else Sunday	Monday hours time did you Monday hours does your til Monday	Tuesday spend in a v Tuesday hours me go? Tuesday	Wednesday rehicle? Wednesday hours Wednesday	Thursday Thursday Thursday Thursday	Friday hours Friday	Saturday hours Saturday	Total hot