

Time Record Sheet

How much time did you spend doing homework and studying?

[illegible]

How much time did you spend in front of a screen (TV, computer, mobile device) for fun?

[illegible]

How much time did you spend being active (playing sports, exercising)?

[illegible]

How much time did you spend doing chores or working?

[illegible]

How much time did you spend reading for pleasure?

[illegible]

How much time did you spend in a vehicle?

[illegible]

Where else does your time go?

[illegible][illegible]