



# My Time

Ever wonder where all the time goes? Keeping a time journal for a week is a great way to find out! Jot down your after-school activities below for each hour until your bedtime. You'll see areas where you may want to increase or decrease the amount of time spent.

	Monday	Tuesday	Wednesday	Thursday	Friday
3 p.m.					
4 p.m.					
5 p.m.					
6 p.m.					
7 p.m.					
8 p.m.					
9 p.m.					

**Write About It:** After you have filled in the schedule, read what you wrote. What activities did you spend the most time doing this week? Did anything surprise you? Which activities would you like to spend more time doing? On a separate piece of paper, write a paragraph explaining ways in which you could manage your time to balance your favorite activities with your responsibilities.

Name: \_\_\_\_\_