

HANDOUT



Name: _____

Date: _____

Time Log Reflection

Directions:

Using your completed Time Log as a reference, answer the following questions.

How much time did you spend...

Playing video games _____

Listening to music _____

In front of a computer _____

Watching TV _____

Watching a video/DVD _____

Doing some form of exercise outside the house (e.g., biking, skating, swimming, skateboarding, ball games, etc.) _____

Talking on the telephone _____

Recreational reading _____ assigned reading _____

Developing a hobby or skill (e.g., sewing, woodworking, playing a musical instrument, etc.) _____

Traveling from place to place _____

Studying _____

During what time of day did you do most of your studying? _____

When did you have quiet time? _____ How much time did you spend doing some planning or reflective thinking? _____

How much sleep did you get during the week? _____ Average amount per night? _____

How much time could you not account for? _____

Was there anything that you needed or wanted to do, but couldn't find time for? _____