

Evaluation

Determine How You Spend a Typical 24-Hour Day.
Enter the hours you spend on each activity.

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- Praying
- Studying
- Exercise/sports
- Work/School
- Family Commitments
- Personal Care / Grooming
- Meal Preparation / Eating / Clean-Up
- Transportation (school, work, etc.)
- Relaxing / TV / Video Games, etc.
- Socializing / Entertainment
- Sleeping



To-Do List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Changes I want to make

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Time Logging sheet

- 6:00 AM _____
- 7:00 AM _____
- 8:00 AM _____
- 9:00 AM _____
- 10:00 AM _____
- 11:00 AM _____
- 12:00 PM _____
- 1:00 PM _____
- 2:00 PM _____
- 3:00 PM _____
- 4:00 PM _____
- 5:00 PM _____
- 6:00 PM _____
- 7:00 PM _____
- 8:00 PM _____
- 9:00 PM _____
- 10:00 PM _____