

How I Spend My Time

Name: _____

Time	What I Did	Time	What I Did
6:00-6:30am		2:00-2:30pm	
6:30-7:00am		2:30-3:00pm	
7:00-7:30am		3:00-3:30pm	
7:30-8:00am		3:30-4:00pm	
8:00-8:30am		4:00-4:30pm	
8:30-9:00am		4:30-5:00pm	
9:00-9:30am		5:00-5:30pm	
9:30-10:00am		5:30-6:00pm	
10:00-10:30am		6:00-6:30pm	
10:30-11:00am		6:30-7:00pm	
11:00-11:30am		7:00-7:30pm	
11:30am-12:00pm		7:30-8:00pm	
12:00-12:30pm		8:00-8:30pm	
12:30-1:00pm		8:30-9:00pm	
1:00-1:30pm		9:00-9:30pm	
1:30-2:00pm		9:30-10:00pm	

Discussion Questions:

1. Was there any time that you could have used to get something else done?
2. Do you think you use your time wisely?
3. What did you spend the most time on other than school?
4. What is one change you can make to improve on how you spend time?
5. Why do you think people care about spending time wisely?