



TIME USE CHART

Directions: Print a copy of the Time Use Chart.

Record everything you do during each half-hour period of a week that you choose. (You may even want to divide the blocks in 15 minute periods). At the end of a week, complete the [Summary of Activities](#) (you should also print a copy of this) to see how you spend your time.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
NOON							
12:30							
1:00							
1:30							

2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 pm							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Midnight							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							

3:30							
4:00							
4:30							
5:00							
5:30							

[Send Us E-mail](#)

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