

REAL TIME TALLY

There are 168 hours in the week. Here is how I spend my time:

sleeping: _____ other activities: _____
 school: _____
 eating: _____
 watching TV: _____
 talking on the telephone: _____

TOP FIVE FAVORITE ACTIVITIES:

1. _____
2. _____
3. _____
4. _____
5. _____

LEARNING STYLES (To the teacher: Save for part 3.)

Cut out each learning style. Tape them to the bottom of the appropriate skill category on the “Skills” activity sheet.

Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Social, Intrapersonal
Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Social, Intrapersonal
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REAL TIME

For one week, record the amount of time you spend on each activity you do. Write in after-school or part-time jobs, sports or other hobbies, chores, reading for pleasure, talking on the telephone, dates, and so on.

DAY:	DAY:	DAY:	DAY:	DAY:	DAY:	DAY:
morning:	morning:	morning:	morning:	morning:	morning:	morning:
afternoon:	afternoon:	afternoon:	afternoon:	afternoon:	afternoon:	afternoon:
evening:	evening:	evening:	evening:	evening:	evening:	evening:
TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:	TOTALS: <i>minutes/hours</i> sleeping: school: eating: TV: telephone: other activities:
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____