

## Personal Time Study

Record your activities for one weekday and one weekend day.

Date: \_\_\_\_\_

Day of week: \_\_\_\_\_

Time slot	Tasks/activities	Physically active?	
		Yes	No
<b>Midnight to 4:00 a.m.</b>			
<b>4:01 to 8:00 a.m.</b>			
<b>8:01 a.m. to noon</b>			
<b>12:01 to 4:00 p.m.</b>			
<b>4:01 to 8:00 p.m.</b>			
<b>8:01 p.m. to midnight</b>			
<b>Total time:</b>			