

***Estimate the following activities spent during your time outside of school:***

	Hours per day	Days per week
Watching television		
Gaming		
Social Events with friends Outside of School		
Social Events with Family		
Reading for Leisure / Hobbies		
Exercising		
Reading / Studying / Homework		
Texting / Talking on phone		
Part-time Job		
Volunteer Work		
After-School Activities / Sports		
Sleep		—n/a—
Total:		—n/a—

**Notes/Comments:**

Next, calculate the following activities spent during your time outside of school.

<b>10/12 Friday morning – 10/13 Saturday morning</b>		
	Hours per day	
Watching television		
Gaming		
Social Events with friends Outside of School		
Social Events with Family		
Reading for Leisure / Hobbies		
Exercising		
Reading / Studying / Homework		
Texting / Talking on phone		
Part-time Job		
Volunteer Work		
After-School Activities / Sports		
Sleep		
Other		
<b>Total:</b>		

**Notes/Comments:**

<i>10/13 Saturday morning – 10/14 Sunday morning</i>		
	Hours per day	
Watching television		
Gaming		
Social Events with Friends Outside of School		
Social Events with Family		
Reading for Leisure / Hobbies		
Exercising		
Reading / Studying / Homework		
Texting / Talking on phone		
Part-time Job		
Volunteer Work		
After-School Activities / Sports		
Sleep		
Other		
Total:		

**Notes/Comments:**

<i>10/14 Sunday morning—10/15 Monday morning</i>		
	Hours per day	
Watching television		
Gaming		
Social Events with Friends Outside of School		
Social Events with Family		
Reading for Leisure / Hobbies		
Exercising		
Reading / Studying / Homework		
Texting / Talking on phone		
Part-time Job		
Volunteer Work		
After-School Activities / Sports		
Sleep		
Other		
Total:		

**Notes/Comments:**