

# Activity Tracker

To help yourself plan your time, first get a handle on how you are actually using your time. Use this sheet to track your time for a week, and then think about how you might like to be using your time differently.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am–1am							
1am–2am							
2am–3am							
3am–4am							
4am–5am							
5am–6am							
6am–7am							
7am–8am							
8am–9am							
9am–10am							
10am–11am							
11am–12pm							
12pm–1pm							
1pm–2pm							
2pm–3pm							
3pm–4pm							
4pm–5pm							
5pm–6pm							
6pm–7pm							
7pm–8pm							
8pm–9pm							
9pm–10pm							
10pm–11pm							
11pm–12am							

## How does your time add up?

If you're feeling like you don't always have time to do the things you need to do, it might help to reflect on how you're spending your time. You can use the "Activity Tracker" document as a tool to help you complete this sheet.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Class #1							
Class #2							
Class #3							
Class #4							
Lab/discussion #1							
Lab/discussion #2							
Student Org							
Student Org							
Work							
Research							
Sleeping							
Studying							
Exercising							
Socializing							
Family Time							
Relaxing/Downtime							
Personal Grooming							
In Transit							
Food Prep/Eating							
Errands							
Other:							
Other:							
Other:							
Other:							
Other:							
<b>Total Hours You Want to Spend</b>							
<b>Total Hours You Actually Spend</b>							