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## Time Log

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Directions:** Use the table below to log your activities, hour by hour, for the upcoming week. Update the log during the day, at the end of the day, or the following morning. As you track your time, be sure to keep track of details, like what assignment you're working on or what subject you're studying. Keep this neat because you will be using it in class later. You might want to use codes to help fill in the boxes, for example: HW – doing homework; C – in class; TV – watching television; SL – sleeping.

Day Date	Monday __/__/__	Tuesday __/__/__	Wednesday __/__/__	Thursday __/__/__	Friday __/__/__	Saturday __/__/__	Sunday __/__/__
12:00 AM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							