

Personal Time Study

Record your activities for 1 weekday and 1 weekend day.

Date: _____

Day of week: _____

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