

# Personal Time Study

Date: \_\_\_\_\_ Day of the week: \_\_\_\_\_

Time Slot	Tasks/activities	Physically active?	
		Yes	No
Midnight to 4:00 A.M.			
4:01 to 8:00 A.M.			
8:01 A.M. to noon			
12:01 to 4:00 P.M.			
4:01 to 8:00 P.M.			
8:01 P.M. to midnight			
<b>Total time</b>			