



Learning Activity – Time Log

Create a “log” or record of everything you do over a two-day period. Mark down the number of minutes that you spent on each thing you did. Don’t try to remember at the end of the two days what you did, because you will forget all the little things. Instead, keep your log with you all the time and, at least once an hour, mark down your activities. Don’t forget to mark down chatting, smoke breaks/coffee breaks, TV time, etc. Don’t cheat! (You can use the sample form or create your own.)

After each item in your log, mark whether it was something that you had to do (like going to work or paying bills), or something that you wanted or liked to do.

After you complete your two-day log, look it over and calculate your time use. Add up how much time you spent on each type of activity. Add up how much time you spent on things you had to do, and on things you wanted or liked to do.

After doing all of the above and considering the results, would you want to try to change any of your time use? Why or why not?





Time Use Log

Activity	# of minutes	Had to do	Wanted to do

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