

## My 2 Day Time Log

Starting tomorrow, write down everything you do during the next 2 days. Be sure to include the following: sleeping, eating, showering, playing video games, exercise, being outside, household chores, spending time with family and friends, social media (be specific, TikTok, Facebook, Instagram, etc.), watching videos (Netflix, YouTube, etc.), cooking, doing a hobby. This list is just an example. Include all the activities that you do.

Time	Day 1	Day 2
7:00 - 7:30		
7:30 - 8:00		
8:00 - 8:30		
9:00 - 9:30		
9:30 - 10:00		
10:30 - 11:00		
11:00 - 11:30		
11:30 - 12:00		
12:00 - 12:30		
12:30 - 1:00		
1:00 - 1:30		
1:30 - 2:00		
2:00 - 2:30		
2:30 - 3:00		
3:00 - 3:30		
3:30 - 4:00		
4:00 - 4:30		
4:30 - 5:00		
5:00 - 5:30		
5:30 - 6:00		
6:00 - 6:30		
6:30 - 7:00		
7:00 - 7:30		
7:30 - 8:00		
8:00 - 8:30		
8:30 - 9:00		
9:00 - 9:30		
9:30 - 10:00		
10:00 - 10:30		
10:30 - 11:00		

