

Name _____

Timed schedule for (date) _____

Block _____

Fill in this schedule with your activities.

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 -	

What time frame is the busiest? _____

How could you make this part of your day simpler? _____

Do you feel your schedule is productive? Why? _____

What activity in your schedule is the least productive? _____

Could you stop doing that? Why? _____

Why is having a schedule important? _____

How do you see this idea relating to your life as you get older? _____