Example Time Monitor

Does your plan match the way you use your time? During the course of the day, take a few minutes every couple of hours to write down what you have done or each time you change activities record a note. Compare the two and see how wisely you have used your time.

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|                          MONDAY\_\_\_\_\_ |                             TUESDAY\_\_\_\_\_\_\_\_  |
|              PLAN |             MONITOR |             PLAN  |          MONITOR |
| 6:00   | Get up and shower | Sleep |  |  |
| 6:30 | Walk to bus stop | Get up and showerWALK TO BUS STOP |  |  |
| 7:00 | School |  | Walk to class |  |  |
| 7:30 |  |  | English I |  |  |
| 8:00 |  |  |  |  |  |  |
| 8:30 |  |  | Advisory |  |  |
| 9:00 |  |  | P.E. |  |  |  |
| 9:30 |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |
| 10:30 |  |  | Lunch |  |  |
| 11:00 |  |  | World Geography |  |  |
| 11:30 |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |
| 1:00 |  |  | Algebra |  |  |
| 1:30 |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |
| 2:30 | Go home | Go home |  |  |
| 3:00 | Eat snack | Eat snack |  |  |
| 3:30 | Take a knap | Watch TV or play video |  |  |
| 4:00 |  |  |  |  |  |
| 4:30 | Homework/study/text |  |  |  |  |
| 5:00 |  |  |  |  |  |
| 5:30 |  |  |  |  |  |
| 6:00 | Take a brake/ text | Study /work on project |  |  |
| 6:30 | Eat dinner | Eat dinner |  |  |
| 7:00 | Watch TV | Watch TV |  |  |
| 7:30 |  |  |  |  |  |
| 8:00 |  |  |  |  |  |
| 8:30 |  |  |  |  |  |
| 9:00 | Study | Talk on phone/ social media |  |  |
| 9:30 | Prepare for school |  |  |  |  |
| 10:00 | Go to bed |  |  |  |  |
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Does my use of time assist my goals for my life? Explain.

What do I need to change about my use of my time? Explain