

Name: \_\_\_\_\_

# It's About That Time!

**Directions:** In the column labeled “What I plan to do,” list your expectations for each hour before and after school for one day. For example, you might include what time you want to eat dinner, do homework, talk with friends, and so on. At the end of the day, write in the third column what you actually did at that time of the day. This chart will help you have a better idea of how you spent your time compared with how you *planned* to spend it. The first time slot is done for you as an example. When you are finished, answer the questions below.

<b>Before School</b>	Time	What I plan to do	What I actually did
	7 a.m.	<i>Wake up, eat breakfast at kitchen table with family</i>	<i>Woke up 20 minutes late; ran out the door with a toaster strudel</i>
	8 a.m.		

<b>After School</b>	3 p.m.		
	4 p.m.		
	5 p.m.		
	6 p.m.		
	7 p.m.		
	8 p.m.		
	9 p.m.		
	10 p.m.		

1. Do you feel you managed your time wisely? Why or why not?

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2. What are three things you could do in the future to manage your time better?

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