

Name _____

Date _____

Spending Time



Introduction: Are you really aware of how you spend your time?

Directions: Use the following chart to estimate how you spend your time each day (5:00 am-10:00 pm) in a “regular” week. Next, make another copy of the chart and record what you “actually” do for the next seven days, beginning tomorrow morning (5:00 am-10:00 pm each day). Summarize your findings on the following page.

Spending Time

Time	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
5:00 am-6:30 am							
6:30 am-7:30 am							
7:30 am-8:30 am							
8:30 am-9:30 am							
9:30 am-10:30 am							
10:30 am-11:30 am							
11:30 am-12:30 pm							
12:30 pm-1:30 pm							
1:30 pm-2:30 pm							
2:30 pm-3:30 pm							
3:30 pm-5:30 pm							
5:30 pm-8:30 pm							
8:30 pm-10:00 pm							

Time Summary

Summarize both charts in the table below by recording the number of hours (from 5:00 am to 10:00 pm each day) that you spent on the listed activities. One column should show the hours as summarized from your estimated “regular” week and the second column should show the “actual” hours spent in these activities.

Est. Hours Spent	Actual Hours Spent	Activity
		In school
		Doing homework
		Watching TV
		Meals (excluding lunch at school)
		Computer (surfing the net, playing games)
		On the telephone
		Leisure (hobbies, reading)
		Extra-curricular activities (sports, etc.)
		Home chores
		Working (part-time paid job)
		Practicing and taking special interest lessons, such as music
		Participating in JMG/MCA activities
		Helping in my community
		Sleeping (during the day, morning to evening only)
		Other (describe)

Compare the first chart with the second one.

- Did it create an awareness in you that there are “time wasters” in your week?
- How accurate were you at estimating the time you spent in various activities?
- Did the way you allocate your time surprise you? How?
- Finish this sentence: “Based on the way I spend my out-of-school time, I seem like I am getting ready for the job of _____.”