

How you spend your time each day



Think about the activities you do each day. They might include work, personal care, sport, public transport and family and social activities. Write down the day and time that these activities happen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Morning 6am-12pm							
 Afternoon 12pm-6pm							
 Evening 6pm-12am							
 Night 12am-6am							