

How You Use Time: Three-Day Time Log

DAY 1			
Time	Activity	Time	Activity
Midnight		Midnight	
12:30 A.M.		12:30 P.M.	
1:00 A.M.		1:00 P.M.	
1:30 A.M.		1:30 P.M.	
2:00 A.M.		2:00 P.M.	
2:30 A.M.		2:30 P.M.	
3:00 A.M.		3:00 P.M.	
3:30 A.M.		3:30 P.M.	
4:00 A.M.		4:00 P.M.	
4:30 A.M.		4:30 P.M.	
5:00 A.M.		5:00 P.M.	
5:30 A.M.		5:30 P.M.	
6:00 A.M.		6:00 P.M.	
6:30 A.M.		6:30 P.M.	
7:00 A.M.		7:00 P.M.	
7:30 A.M.		7:30 P.M.	
8:00 A.M.		8:00 P.M.	
8:30 A.M.		8:30 P.M.	
9:00 A.M.		9:00 P.M.	
9:30 A.M.		9:30 P.M.	
10:00 A.M.		10:00 P.M.	
10:30 A.M.		10:30 P.M.	
11:00 A.M.		11:00 P.M.	
11:30 A.M.		11:30 P.M.	

DAY 2			
Time	Activity	Time	Activity
Midnight		Midnight	
12:30 A.M.		12:30 P.M.	
1:00 A.M.		1:00 P.M.	
1:30 A.M.		1:30 P.M.	
2:00 A.M.		2:00 P.M.	
2:30 A.M.		2:30 P.M.	
3:00 A.M.		3:00 P.M.	
3:30 A.M.		3:30 P.M.	
4:00 A.M.		4:00 P.M.	
4:30 A.M.		4:30 P.M.	
5:00 A.M.		5:00 P.M.	
5:30 A.M.		5:30 P.M.	
6:00 A.M.		6:00 P.M.	
6:30 A.M.		6:30 P.M.	
7:00 A.M.		7:00 P.M.	
7:30 A.M.		7:30 P.M.	
8:00 A.M.		8:00 P.M.	
8:30 A.M.		8:30 P.M.	
9:00 A.M.		9:00 P.M.	
9:30 A.M.		9:30 P.M.	
10:00 A.M.		10:00 P.M.	
10:30 A.M.		10:30 P.M.	
11:00 A.M.		11:00 P.M.	
11:30 A.M.		11:30 P.M.	

DAY 3			
Time	Activity	Time	Activity
Midnight		Midnight	
12:30 A.M.		12:30 P.M.	
1:00 A.M.		1:00 P.M.	
1:30 A.M.		1:30 P.M.	
2:00 A.M.		2:00 P.M.	
2:30 A.M.		2:30 P.M.	
3:00 A.M.		3:00 P.M.	
3:30 A.M.		3:30 P.M.	
4:00 A.M.		4:00 P.M.	
4:30 A.M.		4:30 P.M.	
5:00 A.M.		5:00 P.M.	
5:30 A.M.		5:30 P.M.	
6:00 A.M.		6:00 P.M.	
6:30 A.M.		6:30 P.M.	
7:00 A.M.		7:00 P.M.	
7:30 A.M.		7:30 P.M.	
8:00 A.M.		8:00 P.M.	
8:30 A.M.		8:30 P.M.	
9:00 A.M.		9:00 P.M.	
9:30 A.M.		9:30 P.M.	
10:00 A.M.		10:00 P.M.	
10:30 A.M.		10:30 P.M.	
11:00 A.M.		11:00 P.M.	
11:30 A.M.		11:30 P.M.	

Three-Day Time Log			
Activity	Day 1	Day 2	Day 3
School: Classes, labs, studying, test preparation			
School: Meetings, practices			
Work: Job			
Work: Parenting, chores, orther work			
Leisure: Family			
Leisure: Friends			
Leisure: Personal time; recreation			
Naps, Sleep			
Snacks, Meals			
Other/Unaccounted for Hours			
	Total Hours	Total Hours	Total Hours