**Activity Log**

Over a week, record how you use your time then analyze the results. You should repeat this audit of your time about once a month during study periods.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **6am** |  |  |  |  |  |  |  |
| **7am** |  |  |  |  |  |  |  |
| **8am** |  |  |  |  |  |  |  |
| **9am** |  |  |  |  |  |  |  |
| **10am** |  |  |  |  |  |  |  |
| **11am** |  |  |  |  |  |  |  |
| **12noon** |  |  |  |  |  |  |  |
| **1pm** |  |  |  |  |  |  |  |
| **2pm** |  |  |  |  |  |  |  |
| **3pm** |  |  |  |  |  |  |  |
| **4pm** |  |  |  |  |  |  |  |
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| **7pm** |  |  |  |  |  |  |  |
| **8pm** |  |  |  |  |  |  |  |
| **9pm** |  |  |  |  |  |  |  |
| **10pm** |  |  |  |  |  |  |  |
| **11pm** |  |  |  |  |  |  |  |
| **12midnight** |  |  |  |  |  |  |  |
| **1am** |  |  |  |  |  |  |  |
| **2am** |  |  |  |  |  |  |  |
| **3am** |  |  |  |  |  |  |  |
| **4am** |  |  |  |  |  |  |  |
| **5am** |  |  |  |  |  |  |  |