

Your Average daily time spend.

	<u>Week days</u>	<u>Weekends</u>
Sleep (including naps)		
Spend in School		
Travelling to and from School		
Study/homework		
Spend online/computer		
Phone/text - friends		
Socialising - physically		
Extra Mural activities/Sport etc		
Exercise		
Work a job		
Meal Prep and eating		
Grooming		
Relaxing, TV etc		
Entertainment		
Family Time		
Other		
<u>TOTALS:</u>		