



Directions: Above is a diagram representing a 24-hour day of your time. On this diagram, draw lines to indicate the size of the 'slices' devoted to the following activities:-

- (a) The amount of time you spend sleeping
- (b) The amount of time you spend at work, school (housework counts as work!)
- (c) The amount of time you spend in eating related activities: fixing or eating food; going out to eat; cleaning up after eating
- (d) The amount of time you spend in travel
- (e) The amount of time you spend relaxing (visiting with friends, watching TV. etc.)
- (f) The amount of time you spend in active physical exercise
- (g) The amount of time you spend reading or studying (if a student - otherwise, you may include it under 'relaxing')
- (h) The amount of time you spend doing _____
- (i) The amount of time you spend doing _____