

## Week Beginning \_\_\_\_\_

There are 336 x 30 minute periods in every week. How effectively are you using each of these time periods? What percentage of your week do you spend sleeping, travelling, working, studying, online? Is there any time unaccounted for that you could be using better? Complete the table below for one week then reflect on what you find.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 am							
12:30 am							
1:00 am							
1:30 am							
2:00 am							
2:30 am							
3:00 am							
3:30 am							
4:00 am							
4:30 am							
5:00 am							
5:30 am							
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am							
10:00 am							
10:30 am							
11:00 am							
11:30 am							



12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							
10:30 pm							
11:00 pm							
11:30 pm							

