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| Time Log  Name:  Directions: Record your activities for an entire day. Record how much time you spend on each activity. You will turn this document in to your teacher on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We will analyze & reflect on your daily activities.  *\*Record activities like: working, completing school work, playing video games, shopping, exercising, on your phone, cleaning, listening/playing music, sleeping, babysitting, getting dressed (shower, hair, makeup) etc.* | | | |
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| Daily Activity | Time Started | Time Ended | Adult Signature |
| 1. Record the time you woke up |  |  |  |
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| 1. Record the time you went to bed |  |  |  |