

Name \_\_\_\_\_

Date \_\_\_\_\_

# Student's 24-Hour Day Chart

| Time of Day     | Activity | How many hours do you spend doing this per day? What is the percentage of your day spent doing this activity? |
|-----------------|----------|---|
| 12:00AM-1:00AM  |          |   |
| 1:00AM-2:00AM   |          |   |
| 2:00AM-3:00AM   |          |   |
| 3:00AM-4:00AM   |          |   |
| 4:00AM-5:00AM   |          |   |
| 5:00AM-6:00AM   |          |   |
| 6:00AM-7:00AM   |          |   |
| 7:00AM-8:00AM   |          |   |
| 8:00AM-9:00AM   |          |   |
| 9:00AM-10:00AM  |          |   |
| 10:00AM-11:00AM |          |   |
| 11:00AM-12:00PM |          |   |
| 12:00PM-1:00PM  |          |   |
| 1:00PM-2:00PM   |          |   |
| 2:00PM-3:00PM   |          |   |
| 3:00PM-4:00PM   |          |   |
| 4:00PM-5:00PM   |          |   |

|                 |  |  |
|-----------------|--|--|
| 5:00PM-6:00PM   |  |  |
| 6:00PM-7:00PM   |  |  |
| 7:00PM-8:00PM   |  |  |
| 8:00PM-9:00PM   |  |  |
| 9:00PM-10:00PM  |  |  |
| 10:00PM-11:00PM |  |  |
| 11:00PM-12:00AM |  |  |