

24-HOUR ACTIVITY LOG TEMPLATE

ACTIVITY DESCRIPTION	TIME IN MINUTES							WEEKLY TOTALS IN MINS	WEEKLY TOTALS IN HRS	NOTES / TAKEAWAY FROM TIME STUDY
	Su	M	T	W	R	F	Sa			
Class Time								0	0	
Commuting								0	0	
Entertainment - Home								0	0	
Entertainment - Outside of Home								0	0	
Exercise								0	0	
Family / Friends								0	0	
Homework								0	0	
Internet / Social Media								0	0	
Meals / Eating								0	0	
Personal Care								0	0	
Recreation								0	0	
Social Engagements								0	0	
Sleep								0	0	
Travel								0	0	
Work								0	0	
								0	0	
								0	0	
								0	0	
GRAND TOTALS	0	0	0	0	0	0	0	0	0	DAILY TOTALS SHOULD EQUAL 24 HOURS 1440 MINUTES