AVID Time Log

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

**Directions**: *Use the table below to log your activities, hour by hour, for the next week. Try to use code.* For example: HW = homework; C = in class; T = talking/texting; TV = watching; S = sleeping, F = Facebook etc. Make up your own.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |  | **Saturday** | **Sunday** |
| 5:00 am |  |  |  |  |  |  |  |  |  |
| 6:00 a.m. |  |  |  |  |  |  | 7:00 a.m. |  |  |
| 7:00 a.m. |  |  |  |  |  |  | 8:00 a.m. |  |  |
| 8:00 a.m. |  |  |  |  |  |  | 9:00 a.m. |  |  |
| SCHOOL |  |  |  |  |  |  | 10:00 a.m. |  |  |
| 3:00 p.m. |  |  |  |  |  |  | 11:00 a.m. |  |  |
| 4:00 p.m. |  |  |  |  |  |  | 12:00 p.m. |  |  |
| 5:00 p.m. |  |  |  |  |  |  | 1:00 p.m. |  |  |
| 6:00 p.m. |  |  |  |  |  |  | 2:00 p.m. |  |  |
| 7:00 p.m. |  |  |  |  |  |  | 3:00 p.m. |  |  |
| 8:00 p.m. |  |  |  |  |  |  | 4:00 p.m. |  |  |
| 9:00 p.m. |  |  |  |  |  |  | 5:00 p.m. |  |  |
| 10:00 pm. |  |  |  |  |  |  | 6:00 p.m. |  |  |
| 11:00 pm. |  |  |  |  |  |  | 7:00 p.m. |  |  |
|  |  |  |  |  |  |  | 8:00 p.m. |  |  |
|  |  |  |  |  |  |  | 9:00 p.m. |  |  |
|  |  |  |  |  |  |  | 10:00 p.m. |  |  |