



Time Inventory Wheel

How do you spend your time?

There are only 24 hours in a day. It is helpful to learn and track how you utilize every hour in each day. On average where do you spend your time each day? Take time to fill in the circle with everything you do in a day with each slice representing an hour. Don't forget all of your responsibilities and activities: classes, studying, sleep, fitness, work, family, personal care, eating, transportation, relaxation/hobbies, etc.

