

Time and Budgeting for Leisure Activities

Student Activity Sheet A

Directions: In the table below, color the days/times you are typically working in **blue**.
(Working should include school, doing chores, working at a job.)

Color the days/times you are typically participating in a leisure activity in **red**.

Color the days/times you are usually sleeping in **black**.

Color all other “free time” days/times in **green**.

Time	Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12am							
1am							
2am							
3am							
4am							
5am							

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Student Activity Sheet A

Directions: Once you have completed the table answer the questions below.

1. How many blocks were colored blue? _____
2. How many blocks were colored red? _____
3. Do you have more red or blue blocks? _____
4. Do you think you have a good balance between “work” and leisure?

5. If you answered no to question 4, what can you add or take away from your
6. current schedule to create more of a balance?

