

thin within

Time Accountability ~ "Plan for a Thin Within Win" this summer!

Directions: For a week, jot down the way you spend your time. Each time box represents that hour, so the 6am box represents 6-6:59am, the 11am box represents 11-11:59am and so on. Take note of patterns in the way you use your time and make adjustments to free up time needed for study time, movement, or any other important tasks you "don't have time for." The hours between 10pm and 6am can be used for sleep!

Time Accountability for the week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							