

Weekly Activity Log

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							

Weekly Activity Log

Directions:

An activity log is just a record of how you use your time over a period of a week. It will help you identify when you used your time well and also identify times when you could improve your work/study efficiency.

Try and include the following in your activity log:

- record every change in activity
- include all activities; sleeping, eating, family time, studying, social activities
- write down how you feel - this will help identify times when you work/study most efficiently