



Name: \_\_\_\_\_ S.R. # \_\_\_\_\_ Date: \_\_\_\_\_

### Time Management Questionnaire

**Directions:** Review your Time Management Weekly Log from last week to answer the following questions.

1. What was the total amount of time you spent watching TV during the week? \_\_\_\_\_
2. What was the total amount of time you spent with other electronics? (video games, internet surfing, texting, etc.) \_\_\_\_\_
3. What was the total amount of time you spent on homework? \_\_\_\_\_
4. On average, how much time per day did you spend on homework? \_\_\_\_\_
5. Where were you while completing your homework & what was happening around you while you were doing it? \_\_\_\_\_
6. While you were doing homework, did you have any electronics with you? (phone, computer, video games, etc.) \_\_\_\_\_
7. During what time of day did you do most of your homework/studying?  
\_\_\_\_\_
8. What was the total amount of time you spent on extracurricular activities? (sports, clubs, after-school, etc.) \_\_\_\_\_
9. How much time did you spend on community service or other community activities?  
\_\_\_\_\_
10. How many hours of sleep did you get on average per night? \_\_\_\_\_
11. How much time was there each day that you could not account for? \_\_\_\_\_
12. Was there anything that you needed or wanted to do, but just couldn't find the time for? If so, what? And how much more time did you want/need?  
\_\_\_\_\_
13. How much time did you spend eating meals each day? \_\_\_\_\_
14. How many meals did you eat each day? \_\_\_\_\_