

What I Do on a Typical School Day

Write down what you usually do during each block of time. It can be more than one thing.

Time of Day	What I Typically Do	How I Feel (Interested, bored, anxious, etc.)
7am until 11am		
11am until 1pm		
1pm until when school gets out		
When school gets out until 5pm		
5pm until 7pm		
7pm until bedtime (what time do you go to bed?)		

What I Do on a Typical Weekend Day

Write down what you usually do during each block of time. It can be more than one thing.

Time of Day	What I Typically Do	How I Feel (Interested, bored, anxious, etc.)
7am until 11am		
11am until noon		
Noon until 5pm		
5pm until 7pm		
7pm until 11pm		
11pm until bedtime (what time do you go to bed?)		