

**Time Circle**

Think about all your activities in a typical day

How much time do you spend:

- Sleeping
- Eating & preparing food
- Travelling to & from school
- In classes
- Helping out at home
- Having fun – going out, clubs, meeting friends, internet, TV etc.
- Working in a part time job or volunteering

Mark these on the time circle.

How much time is left for studying?

Do you need to make any changes?

