**Time – Duration**

**Keep a note for an entire 24hr period of how long you spend on the following activities:**

**Complete the chart below. If you want to challenge yourself try and calculate the hot or the spicy column too.**

|  |  |  |
| --- | --- | --- |
| Activity | How many times per day and for how long each time | Total amount of time spent in: |
|  |  | 1 day(mild) | 1 week (hot) | 1 month(spicy) |
| Eating |  |  |  |  |
| Sleeping |  |  |  |  |
| Reading |  |  |  |  |
| Watching TV |  |  |  |  |
| On another type of screen – e.g. Xbox |  |  |  |  |
| Helping around the house |  |  |  |  |
| Brushing your teeth |  |  |  |  |
| Playing outside |  |  |  |  |
| Listening to music (or story CDs) |  |  |  |  |
| Doing school work |  |  |  |  |
| Other? |  |  |  |  |