



Time Audit for Teens

Time Slot	Actual Activity	Ideal Activity	Comments/Reflection
6:00 am - 9:00 am			
9:00 am - 12:00 pm			
12:00 pm - 3:00 pm			
3:00 pm - 6:00 pm			
6:00 pm - 9:00 pm			
9:00 pm - 12:00 am			

End of Day Reflection

