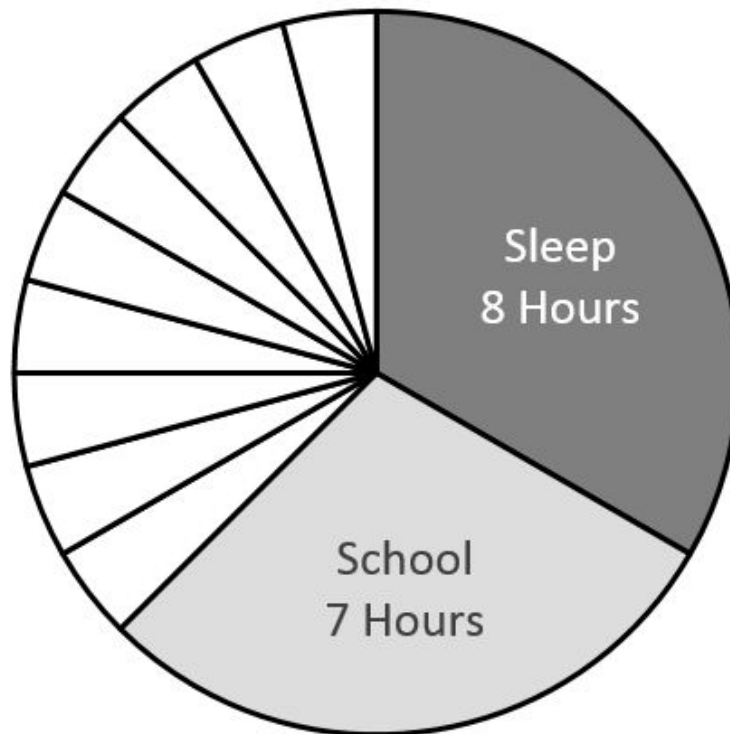


How do you spend your day?

How do you spend the 24 hours in your typical day?

- The American Academy of Sleep Medicine recommends that teens get between 8-10 hours of sleep each night.
- The school day at WHS is approximately 7 hours
- You control much of the rest of your day.



Reflect on how much time you might spend in a typical day on things like:

- | | |
|------------------------------|-------------------------------|
| • Homework/Studying | • Extra-Curricular Activities |
| • A Job | • Chores |
| • Spending Time with Family | • Screen Time |
| • Spending Time with Friends | • Unstructured Time |

Use the chart above, or the back of this page, to map out your day. Each blank wedge equals one hour, but you can split the wedges as you fill in your time.

Then ask yourself:

- Is my day balanced? If not, how can I make it more balanced?
- Am I doing more than what can fit into 24 hours? If so, what can I do about it?