# **My Timeline**

|  |  |
| --- | --- |
| **Time** | Fill in the hours that make up your typical day, including time you spend sleeping. |
| **6 a.m.** |  |
| **7 a.m.** |  |
| **8 a.m.** |  |
| **9 a.m.** |  |
| **10 a.m.** |  |
| **11 a.m.** |  |
| **12 p.m. (noon)** |  |
| **1 p.m.** |  |
| **2 p.m.** |  |
| **3 p.m.** |  |
| **4 p.m.** |  |
| **5 p.m.** |  |
| **6 p.m.** |  |
| **7 p.m.** |  |
| **8 p.m.** |  |
| **9 p.m.** |  |
| **10 p.m.** |  |
| **11 p.m.** |  |
| **12 a.m. (midnight)** |  |
| **1 a.m.** |  |
| **2 a.m.** |  |
| **3 a.m.** |  |
| **4 a.m.** |  |
| **5 a.m.** |  |

# **My Timeline Change**

|  |  |
| --- | --- |
| **Time** | Fill in how you would like to spend your time. |
| **6 a.m.** |  |
| **7 a.m.** |  |
| **8 a.m.** |  |
| **9 a.m.** |  |
| **10 a.m.** |  |
| **11 a.m.** |  |
| **12 p.m. (noon)** |  |
| **1 p.m.** |  |
| **2 p.m.** |  |
| **3 p.m.** |  |
| **4 p.m.** |  |
| **5 p.m.** |  |
| **6 p.m.** |  |
| **7 p.m.** |  |
| **8 p.m.** |  |
| **9 p.m.** |  |
| **10 p.m.** |  |
| **11 p.m.** |  |
| **12 a.m. (midnight)** |  |
| **1 a.m.** |  |
| **2 a.m.** |  |
| **3 a.m.** |  |
| **4 a.m.** |  |
| **5 a.m.** |  |