Increasing Time Awareness: Next to each item below write down how much time you think it usually takes. Enter in the additional spaces in the left column some items from your own personal routine. When the next opportunity comes for each of these, actually time yourself on each of these items and record the actual time in the column on the right.

	Estimated Time Needed	Start Time	Finish Time	Actual Elapsed Time
Time to get out of bed after alarm clock first goes off				
Time to get from front door to first class				
Time to complete French reading for the				