

Unit 2

Enjoying Your Leisure Time

Dear Student,

Leisure time is that time in each day that is free. It is the time that you can choose what you want to do.

With many hours to spend on things we like to do and want to do, it makes sense that we plan and use our time wisely. Successful people use their free time as productively as they use their work time.

In this unit, you will learn about ways to spend your free time. You will learn how to choose to do things you enjoy. You also will learn how to do things that will help make your life better.

We wish you a healthy, happy and productive life.

Hours of Our Lives Schedule

Using your time from last week, write the number of hours you spent on each of the "daily activities." Next, average the time you spent. Do this by adding the totals (across) for Monday through Friday and dividing by five. Write this number in the "total" column. Find the total number of hours you spent on these activities by adding the last column of totals for your grand total.

Daily Activities	Mon	Tues	Wed	Thurs	Fri	Total
Sleeping						
Eating						
Getting Dressed						
Going to School						
Doing Homework						
Doing Housework						
Traveling to or from Activities						
Participating in Clubs & Sports						
Use computer/ phone to communicate						

Grand Total: _____

Free Time

Sleep	_____
Eat	_____
Work/School	_____
Rides/Travel	_____
Housework/Chores	_____
Grooming/Dressing	_____
Sports	_____
Use Computer/Phone	_____
Total hours spent	_____

Hours in a day	24
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Subtract hours spent on above activities	- _____
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Hours left over for free time	_____
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List the activities in which you are involved during your free time:

_____	_____
_____	_____
_____	_____
_____	_____