

TIME TEST

ACTIVITY

**HOW MUCH TIME DO
YOU DEDICATE A WEEK
TO IT?**

**WHAT IS THE RESULT?
WHAT DO YOU GET OUT
OF IT?**

1. SLEEP

2. EATING

3. SPORTS

4. TALKING TO FRIENDS

5. SCHOOL

6. FIGHTING WITH
SIBLINGS

7. TEXTING

8. PLAYING VIDEO
GAMES

9. LISTENING TO MUSIC

10. WATCHING TV

11. PRAYER