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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total Minutes** |
| Sleeping |  |  |  |  |  |  |  |  |
| Physical exercise |  |  |  |  |  |  |  |  |
| Eating |  |  |  |  |  |  |  |  |
| Social time with Friends |  |  |  |  |  |  |  |  |
| Time with family |  |  |  |  |  |  |  |  |
| TV, video games and movies |  |  |  |  |  |  |  |  |
| Computer (Facebook, gaming etc) |  |  |  |  |  |  |  |  |
| Homework and studying |  |  |  |  |  |  |  |  |
| In class learning |  |  |  |  |  |  |  |  |
| On the phone (texting or talking) |  |  |  |  |  |  |  |  |
| Shopping |  |  |  |  |  |  |  |  |
| Getting ready (shower, picking out clothes, makeup) |  |  |  |  |  |  |  |  |
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