

## Practice: Track Your Activities

Time	Activity	Fun (0–10)	Important (0–10)
6–7 a.m.			
7–8 a.m.			
8–9 a.m.			
9–10 a.m.			
10–11 a.m.			
11 a.m.–12 p.m.			
12–1 p.m.			
1–2 p.m.			
2–3 p.m.			
3–4 p.m.			
4–5 p.m.			
5–6 p.m.			
6–7 p.m.			
7–8 p.m.			
8–9 p.m.			
9–10 p.m.			

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