

LESSON 21 SUPPLEMENT-24 HOUR ACTIVITY LOG

HIP Student Name _____

Date _____

Hour	Sleeping	In School or Doing Home-work	Eating Meals: Breakfast Lunch and Dinner	<u>COLUMN A</u> Watching TV, Playing Video Games	<u>COLUMN B</u> Recreational Computer Use	<u>COLUMN C</u> Active Time (Not Sitting or Lying Down)
12am-1am						
1am-2am						
2am-3am						
3am-4am						
4am-5am						
5am-6am						
6am-7am						
7am-8am						
8am-9am						
9am-10am						
10am-11am						
11am-12pm						
12pm-1pm						
1pm-2pm						
2pm-3pm						
3pm-4pm						
4pm-5pm						
5pm-6pm						
6pm-7pm						
7pm-8pm						
8pm-9pm						
9pm-10pm						
10pm-11pm						
11pm-12am						
TOTALS						